



Chicken & Creamy Thyme Sauce

with Rosemary-Roasted Potatoes & Garlicky Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Garlic



Rosemary



Thyme



Chicken Thigh



Longlife Cream



Chicken-Style Stock Powder



Hands-on: 30-40 mins
Ready in: 40-50 mins



Carb Smart



Eat Me Early

It's all about the sauce in this winning dinner – garlic and thyme combine in a creamy and delectable sauce that's rich and indulgent. Teamed with succulent chicken, rosemary potatoes and garlicky veggies, you just can't go wrong.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	2	4
broccoli	½ head	1 head
garlic	3 cloves	6 cloves
rosemary	1 stick	2 sticks
thyme	1 bag	1 bag
chicken thigh	1 packet	1 packet
butter*	10g	20g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2313kJ (553Cal)	414kJ (99Cal)
Protein (g)	41.6g	7.4g
Fat, total (g)	28.8g	5.2g
- saturated (g)	5g	0.9g
Carbohydrate (g)	29.9g	5.4g
- sugars (g)	20.6g	3.7g
Sodium (mg)	1280mg	229mg
Sodium (mg)	7.9g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Thinly slice the **carrot** into rounds. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic**. Pick and finely chop the **rosemary** (see ingredients) and **thyme** leaves.

TIP: Run your fingers down the rosemary and thyme stalk to remove the leaves easily.



Roast the potatoes

Place the **potato**, **rosemary** and a drizzle of **olive oil** on a lined oven tray. Season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Cook the chicken

While the potatoes are roasting, season the **chicken thigh** on both sides with **salt** and **pepper**. Heat a large frying pan over a high heat with a drizzle of **olive oil** and the **butter**. Cook the **chicken** until browned, **2 minutes** each side. Transfer to a second lined oven tray and bake the chicken until cooked through, **8-12 minutes** (depending on size).

TIP: Chicken is cooked through when it's no longer pink inside.



Cook the veggies

While the chicken is baking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **broccoli** until tender, **4-5 minutes**. Add 1/2 the **garlic**, then season and cook until fragrant, **1 minute**. Transfer to a bowl and set aside.



Cook the sauce

Wipe out the frying pan, then return to a medium heat with a drizzle of **olive oil**. Cook the **thyme** and remaining **garlic** until fragrant, **1 minute**. Add the **longlife cream** (see ingredients) and **chicken-style stock powder** (see ingredients) and simmer until slightly reduced, **2-3 minutes**. Season to taste.



Serve up

Slice the chicken. Divide the chicken, rosemary-roasted potatoes and garlicky veggies between plates. Pour the creamy thyme sauce over the chicken to serve.

Enjoy!