



# Lemony Honey Chicken with baby potatoes and carrots

Classic 40-45 mins

2



Chicken Thigh



Rosemary



Salad Leaves



Baby Potatoes



Honey



Carrot



Lemon



Mustard



Chicken Stock



Onion

Pantry Items: Oil, Salt, Pepper, Water, Sugar



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Zester, Peeler, Oven Dish

## Ingredients

	2P	4P
Chicken Thigh	400 g	800 g
Rosemary	5 g	10 g
Salad Leaves	40 g	80 g
Baby Potatoes	400 g	800 g
Honey	1 sachet	2 sachets
Carrot	1 unit	2 units
Lemon	1 unit	2 units
Mustard	2 sachets	4 sachets
Chicken Stock	1 sachet	2 sachets
Onion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	620.5 g	100 g
Energy (kJ/kcal)	2348.7 kJ/ 561.4 kcal	378.5 kJ/ 90.5 kcal
Fat (g)	20.7 g	3.3 g
Sat. Fat (g)	5.5 g	0.9 g
Carbohydrate (g)	54.7 g	8.8 g
Sugars (g)	14.6 g	2.4 g
Protein (g)	42.1 g	6.8 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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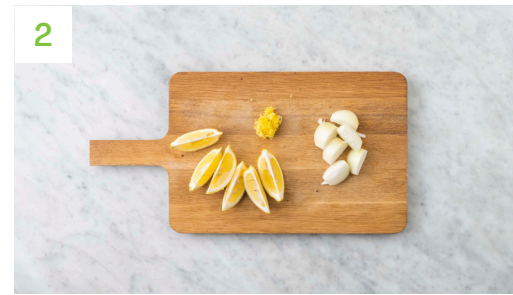
### Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **baby potatoes**. Quarter any larger pieces.
- Pick half the **rosemary** leaves (double for 4p) from their stalks.
- Peel the **carrots** and cut into 1 cm rounds.
- Add the **potatoes, carrots** and **rosemary** to an oven dish. Drizzle with **oil** and season with **salt** and **pepper**. Roast for 15 mins, until golden.



### Cook the Chicken

- Add the **chicken** and **onion** to the sauce and toss together. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Then, lay the **chicken** and **onions** over the roasted vegetables. Drizzle any remaining sauce over.
- Roast until the **chicken** is cooked through, 18-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



### Prep the Fruit and Veg

- While the vegetables roast, peel and halve the **onion** and then cut each half into 3 wedges.
- Zest and cut the **lemon** into wedges.



### Assemble the Salad

- Toss the **salad leaves** in a drizzle of **oil, lemon** juice, **salt** and **pepper** - all to taste.



### Make the Sauce

- In a large bowl mix together a drizzle of **oil, honey, mustard, stock** and **lemon** zest.
- Stir in the juice of half a **lemon**, 1 tbsp **sugar** and 75ml **water** (double all for 4p).



### Dish Up

- After cooking, remove **chicken** dish from the oven.
- Divide the **chicken** and veg onto plates and serve with **salad**.

Enjoy!