



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down, and firmly slide the leaves down.



Baked Thyme Chicken with Mashed Potato

Chicken chops roasted to perfection with garlic and thyme on a bed of caramelised onion sauce served with fluffy mashed potato and a fresh rocket and pear salad.



40 minutes



2 servings



Chicken

21 April 2023

Change the Potatoes!

Thinly slice the potatoes and onion and bake with some butter and stock to make a delicious potato bake! You could also dice the potatoes to make a crispy hash!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	32g	74g

FROM YOUR BOX

MEDIUM POTATOES	500g
BROWN ONION	1
THYME	1 packet
CHICKEN CHOPS	500g
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
PEAR	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, balsamic vinegar

KEY UTENSILS

saucepan, oven dish

NOTES

Due to an unforeseen supply shortage, we needed to replace the leek in this dish with onions and fresh thyme. We hope you enjoy this delicious variation!



1. COOK THE POTATOES

Set oven to 250°C.

Dice potatoes (peel if preferred). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/4 cup cooking water** before draining.



2. PREPARE THE ONION

Slice onion and add to a lined oven dish (see notes). Add 2 springs of thyme, **1-2 tbsp butter** and **1 tbsp vinegar**. Pour over **1/2 cup water**. Season with **salt and pepper**.



3. ROAST THE CHICKEN

Slash chicken chops. Coat with crushed garlic clove, 1/2 tbsp thyme leaves, **oil, salt and pepper**. Place on top of onions and roast for 25 minutes or until chicken is cooked through.



4. PREPARE THE SALAD

Whisk together **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Slice cucumber and pear. Toss with rocket leaves and dressing.



5. MASH THE POTATOES

Drain potatoes. Mash with reserved cooking water until desired consistency. Season well with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve potato mash with chicken, caramelised onion and the rocket salad on the side.



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