



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.



Herb & Garlic Roasted Chicken

Golden, juicy herbed chicken Marylands roasted in garlic-infused stock, served with crispy smashed potatoes and sautéed greens veggies. A comforting, crowd-pleasing dinner.



60 minutes



Chicken



2 servings

Mix it up!

To upgrade your sauce at step 6, stir in a squeeze of lemon juice and a teaspoon of Dijon mustard. This will give you a tangy, restaurant-style sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	27g	37g

FROM YOUR BOX

BABY POTATOES	500g
BUTTER PORTION	2
ROSEMARY	1 sprig
THYME	1 packet
GARLIC BULB	1
CHICKEN MARYLANDS	2-pack
GREEN BEANS	150g
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

saucepan, oven dish, oven tray, frypan

NOTES

Boil the kettle and cover potatoes with hot water to speed up the process.

For extra flavour, add a crushed garlic clove, zest and juice from 1/2 lemon to the greens.



1. BOIL THE POTATOES

Bring **butter** out of fridge to soften and set oven to 220°C.

Place **potatoes** in a saucepan and cover with water (see notes). Cover pan and bring to a boil. Simmer for 10-15 minutes until tender. Drain **potatoes**.



2. MAKE THE HERB BUTTER

Remove **rosemary** and **thyme** leaves from stems. Finely chop and add to a bowl along with **softened butter**. Mix to combine.



3. ROAST THE CHICKEN

Season **Marylands** with **salt and pepper** and place in an oven dish. Halve **garlic** bulb, add to oven dish. Mix **crumbled stock cube** with **1 cup water** and pour into oven dish. Roast for 25-35 minutes, or until **chicken** is golden and cooked through.



4. CRUSH & ROAST POTATOES

Spread **potatoes** on a lined oven tray. Gently crush with the back of a large spoon or bottom of a clean cup until slightly flattened. Drizzle with **oil** and season with **salt and pepper**. Roast for 25-30 minutes until **potatoes** are golden and crispy.



5. COOK THE GREENS

Trim **greens beans** and cut **broccoli** into florets. Heat a frypan over medium-high heat with **oil**, add **veggies** and **1/4 cup water** (see notes). Cook, covered, for 3 minutes until **veggies** are tender. Season to **taste with salt and pepper**.



6. FINISH AND SERVE

Remove **roast chicken** to a platter. Squeeze **roasted garlic** into **pan juices** and mix to make a sauce.

Serve **roast chicken**, **crushed potatoes**, **green veggies** and **sauce** on a platter.



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