

Hello
FRESH



JUL
2016

Crispy Chicken Thighs

with Roasted Radishes, Carrots, and Summer Herb Gremolata

Roasting radishes and carrots transforms them from crisp and crunchy to tender and mellow. To make life easier, our summer herb gremolata serves double duty as both a condiment for crispy-skinned chicken and as a salad dressing flavour-booster.

 Prep
30 min

 level 2

 dairy
free

 gluten
free



Chicken Thighs



Radishes



Baby Carrots



Parsley



Chives



Arugula



Garlic



Mayonnaise



Lemon

Ingredients

	2 People	4 People
Bone-In, Skin-On Chicken Thighs	1 pkg	2 pkg
Radishes, sliced	1 pkg	2 pkg
Baby Carrots	1 pkg	2 pkg
Parsley	1 pkg	1 pkg
Chives	1 pkg	1 pkg
Arugula	1 pkg	1 pkg
Garlic	1 clove	2 cloves
Mayonnaise	1) 2) ½ jar	1 jar
Lemon	1	2
Olive or Canola Oil*		

Nutrition per person Calories: 566 | Protein: 27g | Fat: 45g | Carbs: 17g | Fiber: 6g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

*Not Included

Allergens

- 1) Eggs/Oeuf
- 2) Soy/Soja

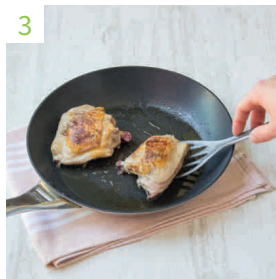
Tools

Baking Sheet, Large Non-Stick Pan, 2 Small Bowls, Zester

Ruler

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3



1 Preheat your oven to 425°F. Start prepping when your oven comes up to temperature!

2 Roast the veggies: Wash and dry all produce. Toss the **carrots** and **sliced radishes** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the centre of oven for 10 minutes.

3 Sear the chicken: Meanwhile, pat the **chicken** dry with a paper towel, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. Add the **chicken thighs**, skin-side down. Cook until the skin is golden brown and crispy, 6-8 minutes. Flip, then cook the other side for 3 minutes. (**TIP:** If the oil starts to splatter, partially cover the pan with a lid.)

4



4 After the **veggies** have roasted for 10 minutes, take the baking sheet out of the oven and give them a quick stir. Arrange the **chicken thighs**, skin-side up, on the baking sheet with the veggies and return it to the oven. Continue roasting until the **veggies** are golden and the **chicken** is cooked through 12-15 minutes. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

5



5 Make the gremolata: Meanwhile, mince the **parsley**, **chives**, and **garlic**. Zest, then halve the **lemon**. In a small bowl, combine the **parsley**, **chives**, **lemon zest** and **garlic**. Stir in a drizzle of **oil** and a squeeze of **lemon juice**, to taste. Season with **salt** and **pepper**.

6 Make the salad dressing: In another small bowl, combine **half the gremolata**, **mayonnaise** (**DO:** measure out), and a squeeze of **lemon**.

7 Finish and serve: Plate the **arugula** and drizzle with the dressing. Top with the **roasted carrots** and **radishes**, and **chicken thighs**. Serve with the **gremolata** on the chicken, or on the side. Enjoy!

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