

PORTUGUESE-STYLE CHICKEN

with Potato Wedges and Pickled Red Onion Kale Salad





HELLO -

SMOKED PAPRIKA

Smoked paprika adds a deep and smoky flavour to this dish



Chicken Thighs



Kale, chopped



Chili-Garlic Sauce



Red Onion,



Smoked Paprika



Greek Yogurt



Yukon Potato



Lemon



White Wine Vinegar

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 501

BUST OUT

- · 2 Baking Sheets
- Parchment Paper
- Large Non-Stick Pan
- 2 Small Bowls
- Zester
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- 2 Medium Bowls
- · Salt and Pepper
- Paper Towel
- · Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- Chili-Garlic Sauce
 9 1 tbsp | 2 tbsp
- Smoked Paprika 1tbsp | 2tbsp
- Yukon Potato 340 g | 680 g
- Lemon
- Kale, chopped 56 g | 113 g
- Red Onion, sliced
- Greek Yogurt 2 100 g | 200 g
- White Wine Vinegar 9 2 tbsp | 4 tbsp

ROAST POTATOES

Wash and dry all produce.* Cut the **potatoes** into ½-inch wedges. On a parchment-lined baking sheet, toss the potatoes with a drizzle of oil. Season with salt and pepper. Roast in the centre of the oven, flipping them over halfway through cooking, until the potatoes are golden-brown, 25-28 min.

START STRONG

temperature!



Preheat the oven to 450°F (to roast the potatoes and bake the chicken). Start prepping when the oven comes up to

PICKLE ONIONS Meanwhile, heat a large non-stick pan over medium-low heat. Add the onions, vinegar and 1 tsp sugar (double for 4 ppl). Season with salt. Cook, stirring occasionally, until the onions are tendercrisp, 3-4 min. Remove the pan from the heat. Transfer the onions, along with the liquid, to a small bowl and set aside.



MAKE MARINADE Zest, then juice half the lemon (1

ALLERGENS ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

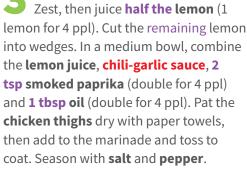
- O Seafood/Fruit de Mer 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja 5 Tree Nut/Noix
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer



COOK CHICKEN Heat the same pan over mediumhigh heat. Add the chicken thighs and sear until golden-brown, 1-2 min per side. Transfer the chicken to another baking sheet and bake in the centre of the oven until the chicken is goldenbrown and cooked through, 8-10 min. (TIP: Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



MAKE KALE SALAD Meanwhile, in another medium bowl, add kale and **1 tbsp oil** (double for 4 ppl). Season with salt. Using your hands, massage oil into kale, until leaves have slightly darkened in colour, 1-2 min. Whisk 1 tbsp oil (double for 4 ppl) into the bowl with the **pickled onions**, then drizzle mixture over kale. Toss together.





FINISH AND SERVE In another small bowl, stir together the **yogurt** and **lemon zest**. Season with salt and pepper. Divide the chicken, potatoes and kale salad between plates. Serve the **lemony yogurt dip** on the side.

TASTY!

There is loads of unique flavours throughout this dish!



Laver et sécher tous les aliments.

^{**}Cuire jusqu'à une température interne minimale de 74°C/165°F.