



PORTUGUESE-STYLE CHICKEN

with Potato Wedges and Pickled Red Onion Kale Salad

PRONTO SPICY



HELLO

SMOKED PAPRIKA

Smoked paprika adds a deep and smoky flavour to this dish

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 501



Chicken Thighs



Chili-Garlic Sauce



Smoked Paprika



Yukon Potato



Lemon



Kale, chopped



Red Onion, sliced



Greek Yogurt



White Wine Vinegar

BUST OUT

- 2 Baking Sheets
- Parchment Paper
- Large Non-Stick Pan
- Whisk
- 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 1 tbsp | 2 tbsp
- Yukon Potato 340 g | 680 g
- Lemon 1 | 2
- Kale, chopped 56 g | 113 g
- Red Onion, sliced 56 g | 113 g
- Greek Yogurt 2 100 g | 200 g
- White Wine Vinegar 9 2 tbsp | 4 tbsp

ALLERGENS | ALLERGÈNES

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

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.

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

*Laver et sécher tous les aliments.

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



START STRONG

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



1 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.



4 COOK CHICKEN

Heat the same pan over medium-high 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 golden-brown and cooked through, 8-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



2 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 tender-crisp, 3-4 min. Remove the pan from the heat. Transfer the onions, along with the liquid, to a small bowl and set aside.



5 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.



3 MAKE MARINADE

Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut the **remaining** lemon into wedges. In a medium bowl, combine the **lemon juice**, **chili-garlic sauce**, **2 tsp smoked paprika** (double for 4 ppl) and **1 tbsp oil** (double for 4 ppl). Pat the **chicken thighs** dry with paper towels, then add to the marinade and toss to coat. Season with **salt** and **pepper**.



6 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!