





## Roasted Chicken and Capsicum Piri-Piri with Wedges

 40-50min  2 Portions

Portuguese chicken and chips have had a healthy makeover! Our smoky paprika potato wedges are oven-baked, not fried, while our chicken pieces are skinless, making this version of a Portuguese classic much lighter. You could easily omit the chilli if you prefer a mild piri piri sauce.



## What we send

- roma tomato
- red chilli, parsley, garlic cloves
- roasted capsicum
- green beans
- smoked paprika
- desiree potato
- free-range chicken thigh fillet

## What you'll require

- egg <sup>3</sup>
- olive oil
- salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- oven tray
- small saucepan
- stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Egg (3), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 550.0kcal, Fat 21.0g, Proteins 41.7g, Carbs 42.7g



**1. Roast potatoes**

Preheat oven to 220C. Cut **potatoes** into thin wedges. Whisk **egg white** with a little **sea salt** and 1 tsp **smoked paprika** in a large bowl. Add **potato wedges** and toss to coat. Transfer to an oven tray lined with baking paper. Roast for 20-25 mins until wedges are crisp and golden.



**4. Trim chicken**

Trim fat from **chicken thigh fillets** and season well with **sea salt and pepper**. Place on a second oven tray lined with baking paper.



**2. Prepare ingredients**

Meanwhile, coarsely chop the **capsicum, tomatoes, chilli** (deseed for less heat if you prefer) and **garlic**.



**5. Roast chicken**

Pour the **capsicum tomato sauce** over the **chicken** and turn to evenly to coat. Roast for 15-20 mins until sauce is thickened and chicken is cooked through.



**3. Make sauce**

Place the **capsicum, tomatoes, chilli** and **garlic** in a food processor with 2 tsp **oil**, 1 tbs **vinegar** and a little **sea salt and pepper**. Blend until smooth.



**6. Cook green beans**

Meanwhile, bring a small saucepan of salted water to the boil. Pick the **parsley** leaves (discard stems) and coarsely chop. Trim the **beans**, cut into thirds and cook for 2 mins or until just tender. Drain well. Transfer the **wedges** and green beans to plates. Scatter the parsley over the **chicken** and serve with the vegetables and all the pan juices.