

DINNERLY



Reduced-Carb Mediterranean Chicken Thigh

with Roasted Broccoli and Capsicum



30 minutes



2 Servings

Can we have a 'yay' from the crowd for filling proteins, seasonal veggies and good, healthy fats? Our reduced-carb recipes feature all that, and contain less than 30 grams of carbohydrates per serve!

WHAT WE SEND

- 1 onion
- 1 capsicum
- 2 garlic cloves
- 5g mint and garlic seasoning^{2,3}
- chicken thigh fillets
- 1 head broccoli

WHAT YOU NEED

- 1 tbs olive oil
- 3 tsp red wine or balsamic vinegar³
- 1 tbs mayonnaise¹

TOOLS

- 2 oven trays
- baking paper
- foil

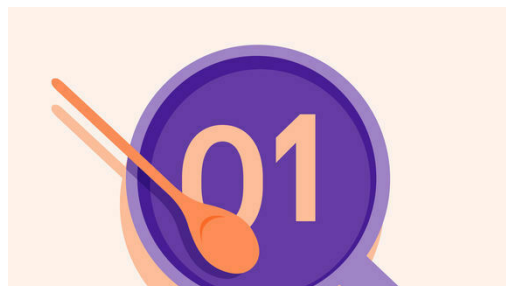
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Soy (2), Sulphites (3). May contain traces of other allergens.

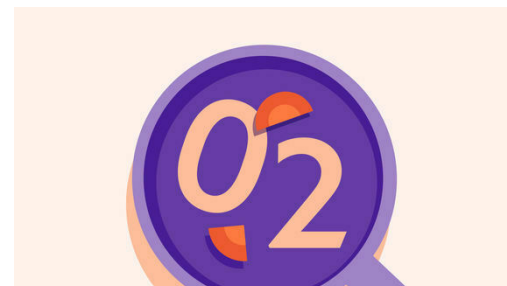
NUTRITION PER SERVING

Energy 405kcal, Fat 25.3g, Carbs 6.5g, Protein 34.8g



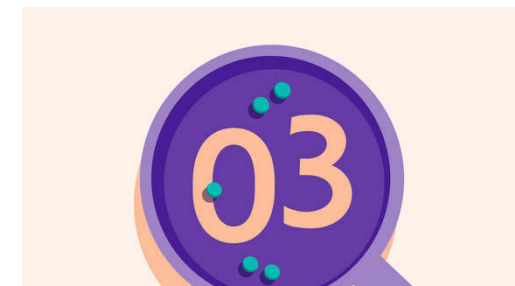
1. Prep ingredients

Preheat the oven to 220C, fan-forced. Line 2 oven trays with baking paper. Thickly slice the **onion**. Cut the **capsicum** into 1.5cm-thick strips.



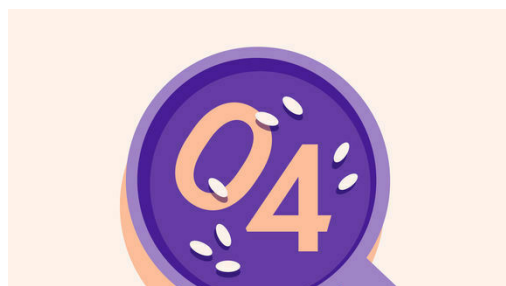
2. Roast veggies

Put the **onion, capsicum** and 2 **unpeeled garlic cloves** on a lined tray. Drizzle with 1 **tsp olive oil** and 2 **tsp red wine vinegar**, season with **salt and pepper** and toss to coat. Roast on the upper oven shelf for 10 mins.



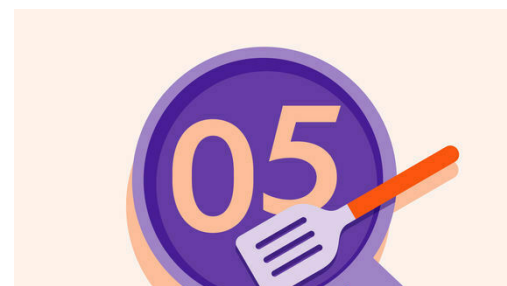
3. Roast chicken

Meanwhile, combine the **mint and garlic seasoning** and 1 **tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat. Add the chicken to the tray with the veggies. Roast for a further 20 mins or until the chicken is cooked through and the veggies are tender.



4. Roast broccoli

While the chicken and veggies are roasting, cut the **broccoli** stem into 1cm chunks (see Kitchen 101), then cut the head into small florets. Put the broccoli on the remaining lined tray, drizzle with 2 **tsp olive oil**, season with **salt and pepper** and toss to coat. Roast on the lower shelf for 12 mins or until tender and slightly charred around the edges.



5. Serve up

Squeeze the **roasted garlic** from the skins into a bowl, then mash with a fork. Add 1 **tbs mayonnaise** and 1 **tsp red wine vinegar**, season with **salt and pepper** and stir to combine. Divide the **chicken** and **veggies** among plates and drizzle with the tray juices. Serve with the **garlic aioli** and enjoy!



6. Kitchen 101

Poor broccoli stems – they often get thrown away but they're just as delicious and nutritious as the florets. To prepare, first trim the end of the stem and then peel it if it's woody before cutting into chunks.