



More Than Food
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Roast Chicken with Mini Roast Potatoes, Honey Glazed Carrots, Pan Fried Broccoli and Gravy

Roast chicken has quite a place in a lot of people's hearts because many of us grew up with it. For Mimi, the creator of this yummy dish, roast chicken is at its best when made by her mum. "My mum used to make roast chicken for every evening meal - it was a great time in my life!" says Mimi. This Mimi roast chicken is the easy version for a delightful mid-week supper!

 40 mins

 lactose free



Potato (1 pack)



Carrot (2)



Broccoli (1)



Thyme (3 sprigs)



Chicken Breast (2)



Honey (1 tbsp)



Flour (1 tbsp)



Chicken Stock Pot (1)

Ingredients

2 PEOPLE

ALLERGENS

Potato, chopped	1 pack	
Carrot, chopped	2	
Broccoli, florets	1	
Thyme	3 sprigs	
Chicken Breast	2	
Honey	1 tbsp	
Flour	1 tbsp	Gluten
Chicken Stock Pot	1	



Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

It was some 2,500 years ago that broccoli was developed on the island of Cyprus.

Nutrition per serving: Calories: 551 kcal | Protein: 38 g | Carbs: 78 g | Fat: 12 g | Saturated Fat: 3 g

1



1 Pre-heat your oven to 200 degrees. Chop the **potatoes** into 2cm pieces. Peel the **carrots**, remove the tops and bottoms and cut in half lengthways, then chop into batons about the size of your little finger. Separate the **broccoli** into florets. Pull the **thyme** leaves off their stalks.

4



2 Pop the **potatoes** on a baking tray, drizzle over 2 tbsp of **oil**, $\frac{1}{4}$ tsp of **salt** and a good grind of **pepper**. Give the tray a good shake and put the **potatoes** in your oven to roast for 30 mins.

6



3 Meanwhile, season each of the **chicken breasts** with a pinch of **salt** and a good grind of **pepper** on each side. Add 1 tbsp of **oil** to a frying pan on medium-high heat and lay in the **chicken breasts** skin-side down. Cook for 4-5 mins or until the skin is crispy. **Tip:** *Don't touch the chicken during this time or you won't get crispy skin!*

8



4 Once the skin has crisped up, remove the **chicken** from the pan (but leave the juices and oil in the pan). Put it on a lightly oiled baking tray skin-side up and sprinkle with the **thyme** leaves. Put them in your oven to cook for 25-30 mins. The **chicken** is cooked when no longer pink in the middle. **Tip:** *Don't wash up the pan you cooked your chicken in, you will need this for the gravy later!*

5 Whilst your **chicken** and **potatoes** cook, put a pot of water on to boil (the water needs to be about 4cm deep). Once the water is boiling add $\frac{1}{4}$ tsp of **salt** and the **carrots**. Put

the lid on and leave to cook for 10-15 mins. Once your **carrots** are cooked, drain them and put them back in your pot. Add the **honey**, a really good grind of **pepper** and stir well. Put the lid back on the pot to keep your **carrots** warm.

6 Meanwhile, make the gravy. Put your chicken pan back on medium heat and add the **flour**. Stir the **flour** into the chicken juices (if your pan is a bit dry just add 1 tbsp of **oil**) and cook for 2 mins, stirring a couple of times until the mixture is properly combined and has cooked off slightly.

Tip: *Combining fat and flour makes a 'roux' which is used to thicken sauces!*

7 Add the **chicken stock pot** to your pan along with 300ml of **water**. Bring to a simmer whilst stirring (or whisking if you have a whisk!). Make sure the **chicken stock pot** has dissolved and then simmer for 3-5 mins to thicken up your gravy. When the gravy is cooked, leave to the side whilst you cook the **broccoli**. **Tip:** *If you need to warm your gravy before plating up, just put it on the heat for 2 mins to warm through.*

8 Add 1 tbsp of **oil** to another frying pan on medium heat and add the **broccoli**, along with a pinch of **salt** and a good grind of **pepper**. Stir-fry for 3-5 mins until slightly crispy on the outside and cooked through. Take your pan off the heat.

9 Cut your **chicken** into 2cm thick slices, serve on plates with your roast **potatoes**, veggies on the side and a drizzle of gravy! Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!