



Roast Chicken Breast

with Mini Roasties, Veggies and Gravy

FAMILY Hands on Time: 30 Minutes • Total Time: 45 Minutes • 2 of your 5 a day

N° 9



Potato



Carrot



Chicken Breast



Dried Thyme



Flour



Chicken Stock Powder



Broccoli Florets



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Baking Tray, Frying Pan, Frying Pan, Measuring Jug, Large Saucepan and Colander.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	3	4	5
Chicken Breast**	2	3	4
Dried Thyme	1 small pot	¾ large pot	1 large pot
Flour 13)	8g	12g	16g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Boiling Water for the Stock*	300ml	450ml	600ml
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Honey	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	666g	100g
Energy (kJ/kcal)	2351 / 562	353 / 84
Fat (g)	15	2
Sat. Fat (g)	4	1
Carbohydrate (g)	64	10
Sugars (g)	20	3
Protein (g)	44	7
Salt (g)	1.02	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!

Packed in the UK



1. Prep the Veggies

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel). Trim the **carrot**, then halve lengthways (no need to peel). Chop into 1cm wide batons. Arrange the **potatoes** and **carrots** on a large baking tray, (or 2 trays) keeping them separate and in a single layer. Drizzle with **oil** and season with **salt** and **pepper** then roast on the top shelf of your oven, 30-35 mins, turning halfway.



4. Make the Gravy

Dissolve the **chicken stock powder** in a jug with the boiling **water** (see ingredients for amount). Gradually stir this **stock** into the **roux**, stirring well to make sure there are no lumps. Bring to a simmer and keep stirring (or whisking if you have a whisk!). Cook until thickened to your liking, 3-5 mins, then remove from the heat.



2. Cook the Chicken

Meanwhile, season the **chicken** with **salt** and **pepper**. Heat a drizzle of **oil** in a frying pan on medium-high heat, lay in the **chicken**, skin-side down (keep the pan with the fat). Fry until the skin is golden, 4-5 mins. Move to an oiled baking tray, skin-side up, and sprinkle over the **dried thyme**. Pop the tray on the middle shelf of your oven. Roast for 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



5. Cook the Broccoli

Bring a large saucepan of **water** to the boil with a pinch of **salt** for the **broccoli**. Once boiling, add the **broccoli florets**. Cook until tender, 5 mins, then drain in a colander.



3. Roux the Day!

Meanwhile, fill and boil your kettle. Put the **chicken** frying pan back on medium heat and add the **flour**. Stir the **flour** into the **chicken juices** (if the pan is a bit dry just add a little **oil**). Cook until beginning to turn golden, 2 mins. Stir occasionally to combine well. This is the **roux** that will thicken your gravy! **TIP:** Don't panic if it looks lumpy - it will be fine!



6. Serve

When ready to serve, reheat the **gravy** over a low heat, adding a splash of **water** if it is too thick. Drizzle the **honey** over the **roasted carrots** and turn to coat. Cut the **chicken** into 2cm thick slices, serve on plates with the **mini roasties**, **veggies** and a drizzle of **gravy**!

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.