



Herby Roast Chicken, Roast Potatoes & Gravy

with Serrano Ham & Garlic Spring Greens and Tenderstem®

Roast 80-90 Minutes • 1 of your 5 a day

33



Whole Chicken



Italian Style Herbs



Potatoes



Garlic Clove



Tenderstem® Broccoli



Serrano Ham



Chicken Stock Paste



Spring Greens

Pantry Items
Plain Flour, Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, colander, garlic press, aluminium foil, frying pan, lid and measuring jug.

Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Potatoes**	700g	1150g	1400g
Plain Flour*	3 tbsp	4 tbsp	6 tbsp
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Serrano Ham**	2 slices	3 slices	4 slices
Oil for the Roux*	1 tbsp	1½ tbsp	2 tbsp
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Paste	20g	30g	40g
Spring Greens**	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	744g	100g
Energy (kJ/kcal)	3601/861	484/116
Fat (g)	36	5
Sat. Fat (g)	9	1
Carbohydrate (g)	78	10
Sugars (g)	7	1
Protein (g)	59	8
Salt (g)	3.2	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1



Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7. Pour enough **oil** into a deep baking tray to cover the bottom and pop in the oven. Bring a large saucepan of **water** to the boil with ½ **tsp salt**. Snip the string holding the **chicken legs** together, remove and discard. Transfer the **chicken** to another baking tray and drizzle with **oil**. Sprinkle over the **Italian style herbs** and season with **salt** and **pepper**. When the oven is hot, roast on the middle shelf for 60 /75 mins depending on size.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when the juices from the thigh run clear and there is no pink meat.

4



Make the Gravy

Put another medium saucepan on medium-high heat and add the **oil for the roux** (see ingredients for amount). When hot, stir in the remaining **flour** until combined - you've made a **roux**! Cook, stirring, until the **roux** is a medium brown colour, 3-4 mins. Gradually stir in the **water for the gravy** (see ingredients for amount) and **chicken stock paste**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 15-20 mins. Remove from the heat.

2



Roast the Potatoes

Meanwhile, peel and chop the **potatoes** into 4cm chunks, then add to the pan of **boiling water** and cook for 7-8 mins or until the edges are soft. When ready, drain in a colander and sprinkle on **half** the **flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot deep baking tray, turning in the **oil**. Season with **salt**, then roast on the top shelf until golden, 45-50 mins. Turn halfway through.

5



Fry the Greens

Once the **chicken** is cooked, remove from the oven, cover loosely with foil and leave to rest for 10-15 mins. Meanwhile, put your large saucepan of **water** on to boil with ½ **tsp salt**. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **Serrano ham** and fry until lightly crispy, 2-3 mins. Stir frequently, then add the **garlic** and stir-fry for 1 min. Add the **spring greens**, then pop a lid on or cover with foil. Cook until softened, 4-5 mins. **TIP:** Add a splash of water if needed. Remove from the heat.

3



Finish the Prep

While everything cooks, peel and grate the **garlic** (or use a garlic press). Halve any thick **broccoli stems** lengthways. Slice or tear the **Serrano ham** into 2cm wide strips. Wipe out your (now empty) **potato** pan and fill with **water**. Set aside for now.

6



Finish and Serve

About 5 mins before your **chicken** is fully rested, add the **broccoli** to the **boiling water** and cook until just tender, 3-5 mins. Drain in a colander. Add any **resting juices** to the **gravy** if you'd like, then bring to the boil until piping hot. Reheat your **spring greens** if needed. Once everything is ready, carve the **chicken** and share between your plates. Serve the **broccoli**, **spring greens** and **roast potatoes** alongside. Pour the **gravy** into a jug for serving.

Enjoy!