



More Than Food
HelloFresh.co.uk



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Honey Roasted Chicken with Caramelised Shallot Gravy and Mashed Swede

Mashed potato is a lovely accompaniment to a traditional roast, but over the Christmas period it can get a little bit rich with all the other sides that are served for Christmas lunch. We have given mash a HelloFresh twist by using swede instead of potato. This tasty root veggie is a great replacement as it is lower in calories and higher in fibre. Give it a bash, it may find its way onto your Christmas table!

35 mins

3 of your 5 a day

mealkit

eat within 2 days



Spiced Honey Mustard
(1 tbsp)



Honey
(1 tbsp)



Chicken Thigh
(4)



Swede
(1)



Echalion Shallot
(1)



Leek
(1)



Red Wine Vinegar
(1 tbsp)



Flour
(16g)



Chicken Stock Pot
(½)



Water for the Gravy
(300ml)



Peas
(100g)



Water for the Peas
(2 tbsp)



Netherend Butter
(30g)

2 PEOPLE INGREDIENTS

- Spiced Honey Mustard
- Honey
- Chicken Thigh
- Swede, chopped
- Echalion Shallot, chopped
- Leek, sliced
- Red Wine Vinegar

1 **tblsp**

1 **tblsp**

4

1

1

1

1 **tblsp**

- Flour
- Chicken Stock Pot
- Water for the Gravy
- Peas
- Water for the Peas
- Netherend Butter

16g


½

300ml

100g

2 **tblsp**

30g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

In Scotland, swede is known as neeps, the traditional accompaniment to haggis.

Allergens: Milk, Mustard, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	563 kcal / 2349 kJ	31 g	12 g	30 g	14 g	16 g	2 g
Per 100g	97 kcal / 405 kJ	5 g	2 g	5 g	2 g	3 g	0 g

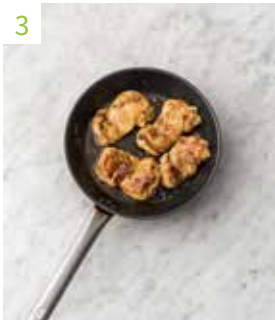
Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

2



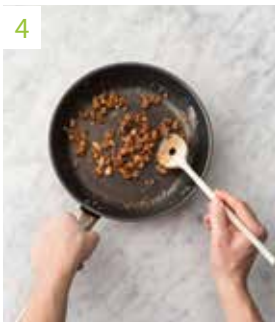
1 Preheat your oven to 200 degrees. Put the **spiced honey mustard** in a bowl with the **honey** and a drizzle of **oil**. Mix together with a pinch of **salt** and a grind of **black pepper** and then add the **chicken** and mix around with your hands. Make sure the **chicken** is nicely coated.

3



2 Put a large pot of water on to boil with a good pinch of **salt**. Peel and chop the **swede** into 2cm chunks. Cut the **shallot** in half through the root. Peel and chop into ½cm chunks. Cut off the root and green leafy part from the **leek**. Cut in half lengthways then slice very thinly into half moon shapes. Add your **swede** to the boiling water and cook for 20 mins, or until soft. **Tip:** *The swede is cooked when you can easily slip a knife through.* When ready, drain your **swede** and pop back in the pot.

4



3 Put a large frying pan on medium-high heat. Once the pan is hot, add your **chicken** and cook for 2 mins on each side until caramelised and slightly blackened. Pop your **chicken** on a baking tray and put on the top shelf of your oven to for 12-15 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle. Don't wash your pan, you'll need it later!* Once cooked, remove from your oven, cover with tinfoil and leave to rest for 5 mins.

6



4 Time to make the **shallot gravy!** Put your now empty frying pan back on medium heat with a drizzle of **oil**. Add your **shallot** and cook for 4 mins until soft, then add the **red wine vinegar**. Cook for 1-2 mins until your **vinegar** has evaporated and your **shallot** is slightly caramelised, then add the **flour**. Stir together and cook for 3 mins.

5 Add the **chicken stock pot** and **water** (amount specified in the ingredient list) to the pan and stir together with a whisk, or a wooden spoon. Bring to the boil while stirring to get rid of any lumps. The mixture should thicken as it comes to the boil. Once boiling, turn the heat to low and simmer gently for 5-7 mins, then remove from the heat and cover with a lid or some tinfoil.

6 Meanwhile, pop a saucepan on medium heat with a drizzle of **oil** and add your **leek**. Cook for 4-5 mins until soft, then add the **peas** along with a pinch of **salt** and a grind of **black pepper**. Add the **water** (amount specified in the ingredient list) pop a lid on and leave to cook for 5 mins. Time to mash your **swede!** Add the **butter** and a splash of **milk** (if you have some) to your **swede**, along with a pinch of **salt** and a grind of **black pepper**. Mash until smooth.

7 Serve your **chicken** with your **mashed swede** on the side and a spoonful of your **leeky peas**. Drizzle over your **shallot gravy** and enjoy!

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