



Lemon & Rosemary Roast Chicken and Hasselback Potatoes

with Walnut Honeyed Carrots, Asparagus and Red Wine Jus

Premium 70-80 Minutes

33



Garlic Clove



Lemon



Dried Rosemary



Whole Chicken



Salad Potatoes



Chantenay Carrot



Asparagus Bundles



Red Wine Jus Paste



Walnuts



Honey

Pantry Items
Olive Oil, Salt

Before you start

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

Cooking tools

Garlic press, bowl, baking tray and saucepan.

Ingredients

	2P	3P	4P
Garlic Clove**	3	5	6
Lemon**	½	¾	1
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Olive Oil*	2 tbsp	2½ tbsp	3 tbsp
Salt*	1 tsp	1½ tsp	1½ tsp
Whole Chicken**	1	1	1
Salad Potatoes**	500g	850g	1000g
Chantenay Carrot**	150g	225g	300g
Asparagus Bundles**	200g	350g	400g
Water for the Jus*	225ml	300ml	450ml
Red Wine Jus Paste 10) 14)	22g	37g	44g
Walnuts 2)	20g	30g	40g
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	696g	100g
Energy (kJ/kcal)	3458/826	497/119
Fat (g)	43.4	6.2
Sat. Fat (g)	9.7	1.4
Carbohydrate (g)	59.0	8.5
Sugars (g)	18.5	2.7
Protein (g)	50.3	7.2
Salt (g)	4.64	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 10) Celery 14) Sulphites

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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Start the Prep

Preheat your oven to 200°C.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).

Pop the **garlic** into a small bowl with the **dried rosemary, lemon zest, olive oil, salt** (see ingredients for both amounts) and plenty of **pepper**.

Snip the string holding the **chicken legs** together, remove and discard. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Bring on the Veg

When the **chicken** has 35-40 mins of roasting time remaining, pop the **potatoes** onto top shelf of your oven to roast until golden and tender, 35-40 mins.

After 10 mins, halve any large **carrots** lengthways, then add the **carrots** to the **potato** tray and return to the oven. Meanwhile, trim the bottom 2cm from the **asparagus** and discard.

When 10 mins of roasting time remain, add the **asparagus** to the **veg** baking tray and toss with the **carrots**. Spread out in a single layer. Roast for the remaining time until tender, 10-12 mins.



Roast the Chicken

Transfer the **chicken** to a baking tray and rub the **garlic and rosemary oil** all over. Pop **half** the **lemon** into the **chicken cavity**.

When the oven is hot, roast on the middle shelf for 60/ 75 mins depending on size. **IMPORTANT:** The chicken is cooked when the juices from the thigh run clear and there is no pink meat.



Make the Jus

Once the **asparagus** is in the oven, pour the **water for the jus** (see ingredients for amount) into a small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 8-9 mins.

While the **jus** simmers, roughly chop the **walnuts**.



Hasselback the Potatoes

While the **chicken** roasts, place a few **potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through.

Repeat with the remaining **potatoes**, then put them all onto another large baking tray.

Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Finish and Serve

When everything is ready, carve the **chicken** and share between your plates.

Drizzle the **carrots** and **asparagus** with **honey** and sprinkle with the **walnuts**, then toss to coat.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Serve the **hasselback potatoes** and **honeyed veg** alongside your **roast chicken** and spoon over the **red wine jus** to finish.

Enjoy!