



Oregano Roasted Chicken and Gravy

with Thyme Roast Potatoes, Serrano and Roasted Butternut Greens, Tenderstem

Nº 20

ROAST Hands on Time: 60 Minutes • Total Time: 90 Minutes



Whole Chicken



Dried Oregano



Potato



Plain Flour



Dried Thyme



Garlic Clove



Serrano Ham



Diced Butternut Squash



Butter



Chicken Stock Powder



Spring Greens



Tenderstem® Broccoli

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Roasting Tray, two Baking Trays, Colander, Medium Sized Saucepan and Measuring Jug

Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Oregano	1	1½	2
Potato**	900g	1.15kg	1.4kg
Plain Flour 13)	24g	36g	48g
Dried Thyme	1 small pot	1 large pot	1 large pot
Garlic Clove**	1	2	2
Serrano Ham**	2	3	4
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Butter 7)**	30g	45g	60g
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Spring Greens**	1 small pack	1 large pack	2 small packs
Tenderstem® Broccoli**	1 small pack	1 large pack	2 small packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1005g	100g
Energy (kJ/kcal)	4381/1047	436/104
Fat (g)	44	4
Sat. Fat (g)	17	2
Carbohydrate (g)	106	11
Sugars (g)	12	1
Protein (g)	62	6
Salt (g)	2.93	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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

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Packed in the UK



1. Get Started

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Preheat your oven to 200°C. Pour a large glug of **oil** into a roasting tray. Pop it onto the top shelf of your oven to warm up. Put a small drizzle of **oil** in the bottom of a roasting tray. Snip the string holding the **chicken legs** together, remove and discard, pop the **chicken** on the tray, drizzle over a little **oil**. **IMPORTANT:** Wash your hands after handling raw chicken. Sprinkle over the **oregano** and season with **salt** and **pepper**. Roast on the middle shelf of your oven for **2p: 60 mins 3p & 4p: 75 mins** depending on size. Baste halfway through cooking, spooning the tasty roasting juices over the **chicken**. **IMPORTANT:** The chicken is cooked when the juices from the thigh run clear and the meat is no longer pink.



4. Make the Gravy

Meanwhile, put a medium-sized saucepan on medium-high heat and add **half** the **butter**. Melt the **butter** gently, then stir in the remaining **flour**. Continue to stir until combined, you've made a **roux!** Cook, stirring until the **roux** is a medium brown colour, 3-4 mins. Remove from the heat then gradually add the **water** (see ingredients list for amount) and **chicken stock powder** stirring continuously until incorporated. Bring to the boil on medium heat, stirring briskly to remove any lumps. Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 15-20 mins.



2. Roast the Potatoes

Meanwhile, peel the **potatoes** and chop into 4cm chunks. Add them to the boiling **water** and cook until the edges have softened when you poke them with a knife, 7-8 mins - this is called par-boiling. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half** the **flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer. Season with **salt** and the **dried thyme**. Gently turn the **potatoes** so they're coated in **oil**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway through. When your **roasties** are ready, turn off the oven and place on the bottom shelf to keep warm.



5. Fry the Greens

Once the **chicken** is cooked, cover it loosely with foil and leave to rest for 10-15 mins. Meanwhile, bring your large saucepan of **water** to the boil on medium-high heat. Heat the remaining **butter** in a frying pan on medium-high heat. Once melted, add the **serrano ham** and fry until lightly crispy, 2-3 mins. Stir every minute. Add the **garlic** and fry for 1 minute, then add the **spring greens** and stir-fry until softened, 4-5 mins. Remove from the heat. Once ready, add the **roasted squash** to the pan and stir through.



3. Roast the Squash

Wash your **potato** saucepan and fill with **water** again. Set aside for later. Meanwhile, peel and grate the **garlic** (or use a garlic press). Slice or tear the **serrano ham** into 2cm wide strips. Put the **butternut squash** on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Pop on the bottom shelf of your oven to roast until soft and golden, 25-30 mins. Turn halfway through cooking.



6. Finish and Serve

About 6 or 7 mins before your **chicken** is fully rested, add the **tenderstem® broccoli** to the boiling **water** until tender, 4-6 mins, remove from heat and drain in a colander. A couple of minutes before everything is ready, heat through your **greens** and **squash** if needed. Add the **chicken resting juices** to your **gravy** and a splash of **water** to loosen it up if necessary, heat it through as well if needed. Once everything is ready, carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Pour over the **gravy**.

Dig in!