



# Oregano Roasted Chicken and Gravy

with Roast Potatoes, Serrano Ham and Garlicky Cabbage

**Roast** 30 Minutes • 1 of your 5 a day

31



Whole Chicken



Dried Oregano



Potato



Plain Flour



Garlic Clove



Serrano Ham



Chicken Stock Powder



Sweetheart Cabbage



Asparagus

## Before you start

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

## Cooking tools, you will need:

Saucepan, Roasting Tray, Baking Tray, Colander, Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Frying Pan.

## Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Oregano	1 sachet	1 sachet	2 sachets
Potato**	700g	1150g	1400g
Plain Flour <b>13)</b>	24g	36g	48g
Garlic Clove**	1	2	2
Serrano Ham**	2 slices	3 slices	4 slices
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Sweetheart Cabbage**	½	1	1
Asparagus**	150g	200g	300g
Olive Oil	1 tbsp	1½ tbsp	2 tbsp
Water for Gravy*	400ml	600ml	800ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	2469/590	362/87
Fat (g)	16	2
Sat. Fat (g)	4	1
Carbohydrate (g)	79	12
Sugars (g)	9	1
Protein (g)	33	5
Salt (g)	2.72	0.40

Nutrition for uncooked ingredients based on 2 person recipe.  
The above nutrition is based on 200g of chicken per person.

## Allergens

13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## 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 baking 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 **60/75 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.



## Make the Gravy

Meanwhile, put a medium-sized saucepan on medium-high heat and add the **oil** (see ingredients for amount). 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. Return the pan to a medium-high heat and bring to the boil, stirring briskly to remove any lumps. Lower the heat and simmer, stirring occasionally, until the gravy has thickened to your liking, 15-20 mins, then remove from the heat.



## Prep 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**. **TIP:** This will help your roasties to crisp up.



## Rest the Chicken

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 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 every minute. Add the **garlic** and fry for 1 minute, then add the **cabbage** and stir-fry until softened, 4-5 mins. Remove from the heat.



## Roast the Potatoes

Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer. Season with **salt**. 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. Meanwhile, halve the **cabbage** lengthways, cut out and discard the tough core then finely slice widthways. Peel and grate the **garlic** (or use a **garlic** press). Trim the bottom 2cm off of the **asparagus** and discard. Slice or tear the **serrano ham** into 2cm wide strips. Wash your **potato** saucepan and fill with **water** again. Set aside for later.



## Finish and Serve

About 6 or 7 mins before your **chicken** is fully rested, add the **asparagus** to the boiling **water** until tender, 3-4 mins, remove from heat and drain in a colander. A couple of minutes before everything is ready, heat through your **cabbage** if needed. Add some of the tasty **chicken resting juices** to your gravy to suit the thickness you prefer, stir and heat through. Once everything is ready, carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Pour over the **gravy**.

Enjoy!