



ROAST CHICKEN

with Mini Roasties, Veggies and Gravy



HELLO BROCCOLI

This vegetable is actually a flower head - each of those tiny little green dots is a bud!



Potato



Carrot



Broccoli Florets



Thyme



Chicken Breast



Honey



Flour



Chicken Stock Pot



Water

MEAL BAG

45 mins

2.5 of your 5 a day

Roast chicken is a classic but this version is special. How so? It's all about the gravy! This recipe will teach you how to make a traditional sauce thickener that chefs call a 'roux' (they do like their fancy words for things don't they?). It's just flour and chicken fat but will take your gravy to a whole new level! You can't have a roast without roasties, so we've thrown in some of those too.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, two **Baking Trays**, a **Frying Pan**, two **Large Saucepans** (one with a **Lid**), a **Colander** and **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Chop the **potato** into 2cm pieces (no need to peel). Peel the **carrot** and remove the top and bottom, then cut in half lengthways and chop into batons. Separate the **broccoli** into florets. Pick the **thyme leaves** from their stalks (discard the stalks). Put the **potato** on a baking tray with a drizzle of **oil** and a pinch of **salt**. Give the tray a good shake. Roast on the top shelf of your oven, 30 mins.



2 COOK THE CHICKEN

Season the **chicken** with **salt** and **black pepper**. Heat a drizzle of **oil** in a frying pan on medium-high heat and lay in the **chicken**, skin-side down. Fry until the skin is golden, 4-5 mins. Move to an oiled baking tray, skin-side up, and sprinkle over the **thyme leaves** (don't wash the pan). Pop on the middle shelf of your oven. Roast for 25-30 mins. **TIP:** *The chicken is cooked when it is no longer pink in the middle.*



3 ROAST THE VEGGIES

Meanwhile, put two large saucepans of water on to boil. Once boiling, add a pinch of **salt** and the **carrot** to one pan. Cook until tender, 10-15 mins. When cooked, drain in a colander and return to the pan. Add the **honey** and a grind of **black pepper**. Stir well and pop the lid on to keep warm. Meanwhile, put the **broccoli** and a pinch of **salt** in the other pan of boiling water. Cook until tender, 5 mins, then drain in the colander.



4 ROUX THE DAY!

Put the chicken frying pan back on medium heat and add the **flour**. Stir the **flour** into the **chicken juices** (if the pan is a bit dry just add a little **oil**). Cook until beginning to turn golden, 2 mins. Stir occasionally to combine well. This is the roux that will thicken your gravy! Pop your kettle on to boil



5 MAKE THE GRAVY

Dissolve the **chicken stock pot** in a measuring jug of boiling **water** (amount specified in the ingredient list). Bit by bit, add this **stock** to the **roux**, stirring well to make sure there are no lumps. Bring to a simmer and keep stirring (or whisking if you have a whisk!). Cook until thickened to your liking, 3-5 mins.



6 FINISH AND SERVE

Cut the **chicken** into 2cm thick slices, serve on plates with the **mini roasties**, **veggies** and a drizzle of **gravy!** **Enjoy!**

2 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Carrot, chopped	2
Broccoli, florets	½
Thyme	½ bunch
Chicken Breast	2
Honey	1 tbsp
Flour ¹⁾	1 tbsp
Chicken Stock Pot	1
Water*	300ml

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	564	89
(kJ)	2383	377
Fat (g)	14	2
Sat. Fat (g)	4	1
Carbohydrate (g)	70	11
Sugars (g)	22	4
Protein (g)	44	7
Salt (g)	2.64	0.42

ALLERGENS

1)Gluten

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

👍 THUMBS UP OR THUMBS DOWN?

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