



# ROAST CHICKEN

WITH CREAMY JERUSALEM ARTICHOKE GRATIN AND REDCURRANT SAUCE

SPECIALITY INGREDIENT



## HELLO ARTICHOKE

The Jerusalem artichoke is not actually an artichoke, it is a tuber, different to globe artichokes.



Jerusalem Artichokes



Potato



Chicken Stock Pot



Double Cream



Tenderstem® Broccoli



Pancetta



Red Onion



Flat Leaf Parsley



Skin on Chicken Breast



Panko Breadcrumbs



Hard Italian Cheese



Balsamic Vinegar



Redcurrant Jelly

35 mins

2.5 of your 5 a day

For tonight's recipe, we've given the classic Gratin Dauphinois (a dish typically made with thinly sliced layers of potatoes and cream) a fresh twist by including Jerusalem artichokes. Topped with a golden panko breadcrumb crust, this deliciously creamy side works perfectly with the crispy-skinned roast chicken and pancetta tenderstem broccoli. For a quick fix dish that wows without tying you to the kitchen, this is the one!

# BEFORE YOU START

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



## 1 START THE GRATIN

Preheat your oven to 200°C. Wash the **artichokes** (no need to peel!) and chop them into 1cm chunks. Peel and chop the **potato** into 2cm chunks. Pour the **water** (see ingredients for amount) into a large saucepan. Stir in **half** the **stock pot, double cream, artichokes** and **potato**. Bring to the boil on medium heat, then reduce the heat to low, partially cover with a lid and simmer until cooked, 15-20 mins. Stir every few minutes.



## 4 BAKE THE GRATIN

When the **artichokes** and **potato** are ready (they are cooked when you can easily slip a knife through), remove from the heat and stir in **half** the **parsley**. Season to taste with **salt** and **pepper**. Transfer to an ovenproof dish. Mix the **breadcrumbs** with a drizzle of **oil** and the **hard Italian cheese**. Sprinkle over the top. Bake on the middle shelf of your oven until golden, about 10 mins.



## 2 GET PREPPED

Lay the **tenderstem® broccoli** on a baking tray, drizzle with **oil** and a pinch of **salt** and **pepper**. Sprinkle the **pancetta** over the **broccoli**. Set the tray aside. Halve, peel and thinly slice the **red onion** into half moons. Finely chop the **parsley** (stalks and all).



## 5 MAKE THE SAUCE

Pop the frying pan you cooked the **chicken** in back on medium heat with a little extra **oil** if necessary and add the **onion**. Stir and cook until softened, 5-6 mins. Add the **balsamic vinegar**, stir and cook for 1 minute until evaporated, then pour in the **water** (see ingredients for amount) and stir in the **redcurrant jelly** and remaining **stock pot**. Bring to a simmer and bubble away until the **sauce** is glossy, 4-5 mins.



## 3 ROAST THE CHICKEN

Heat a splash of **oil** in a frying pan on medium-high heat. Season the **chicken** with a pinch of **salt** and **pepper**. Once hot, lay in the pan skin-side down and fry until golden, 5 mins. Turn over and cook for 1 minute more, then place alongside the **broccoli** on the baking tray (skin-side up). Roast on the top shelf of your oven for 15-20 mins.

★ **TIP:** The chicken is cooked when it is no longer pink in the middle. Keep the pan.



## 6 FINISH AND SERVE

Once the **chicken** is cooked, remove from your oven and leave to rest on a chopping board for a couple of mins. Once rested, slice up and serve with the **creamy gratin, pancetta broccoli** and a drizzle of **redcurrant sauce** on the side. Sprinkle over the remaining **parsley**. **Enjoy!**

# 2 PEOPLE INGREDIENTS

Jerusalem Artichokes, chopped	1 pack
Potato, chopped	1
Water for the Gratin*	75ml
Chicken Stock Pot	1
Double Cream 7)	1 pot
Tenderstem® Broccoli	1 pack
Pancetta	60g
Red Onion, sliced	1
Flat Leaf Parsley, chopped	1 small bunch
Skin on Chicken Breast	2
Panko Breadcrumbs 13)	15g
Hard Italian Cheese 7)	40g
Balsamic Vinegar 14)	1 tbsps
Water for the Sauce*	100ml
Redcurrant Jelly	25g

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 770G	PER 100G
Energy (kcal)	1135	147
(kJ)	4750	617
Fat (g)	63	8
Sat. Fat (g)	35	5
Carbohydrate (g)	84	11
Sugars (g)	34	4
Protein (g)	60	8
Salt (g)	4.09	0.53

## ALLERGENS

7) Milk 13) Gluten 14) Sulphites

## PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

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