



Roast Chicken Breast

with Red Wine Mushroom Sauce, Roasted Carrots and Garlic Mash

24

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



Chicken Breast Skin-On



Carrot



Garlic Clove



Potatoes



Echalion Shallot



Sliced Mushrooms



Red Wine Jus Paste

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Saucepan, frying pan, baking tray, aluminium foil, colander, lid and kitchen scissors.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------------------|-----------|-----------|-----------|
| Chicken Breast Skin-On** | 2 | 3 | 4 |
| Carrot** | 3 | 4 | 6 |
| Garlic Clove** | 2 | 3 | 4 |
| Potatoes | 450g | 700g | 900g |
| Echalion Shallot** | 1 | 1 | 2 |
| Sliced Mushrooms** | 80g | 120g | 160g |
| Red Wine Jus Paste 10) 14) | 15g | 22g | 30g |
| Pantry | 2P | 3P | 4P |
| Sugar for the Carrots* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 150ml | 225ml | 300ml |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 616g | 100g |
| Energy (kJ/kcal) | 1932 /462 | 314 /75 |
| Fat (g) | 7.8 | 1.3 |
| Sat. Fat (g) | 2.1 | 0.3 |
| Carbohydrate (g) | 55.3 | 9.0 |
| Sugars (g) | 14.3 | 2.3 |
| Protein (g) | 45.3 | 7.4 |
| Salt (g) | 1.01 | 0.16 |

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

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.

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1 Fry the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Pop a large saucepan of **water** on to boil on high heat.

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay the **chicken** in the pan, skin-side down. Season with **salt** and **pepper**.

Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side. **TIP: To ensure crispy skin, don't move the chicken. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



4 Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Add to the pan of **boiling water** with **½ tsp salt**. Simmer until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and pop them back into the pan. Cover with a lid to keep warm.

Meanwhile, halve, peel and thinly slice the **shallot**.



2 Prep the Carrots

While the **chicken** cooks, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Put the **carrot batons** on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sugar for the carrots** (see ingredients for amount). Toss to coat, then arrange in a single layer.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.



3 Get Roasting

Transfer the **chicken** to another baking tray, skin-side up.

When the oven is hot, roast the **chicken** on the top shelf and the **carrots** on the middle shelf until cooked through, 20-25 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Halfway through cooking, turn the **carrots** and add the **garlic parcel** to the baking tray to roast until soft, 10-12 mins.



5 Make your Red Wine Sauce

Put the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms, shallot** and season with **salt** and **pepper**. Stir-fry until golden and softened, 4-5 mins.

Stir in the **water for the sauce** (see ingredients for amount) and **red wine jus paste**. Bring to the boil, then lower the heat and simmer until the **sauce** has reduced by half, 4-5 mins. Remove from the heat.



6 Finish and Serve

When the **chicken** is cooked, transfer to a board to rest for a couple of mins.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add the **garlic** to the **potatoes** along with a knob of **butter** and a splash of **milk** (if you have some). Mash until smooth, then season to taste with **salt** and **pepper**.

Slice the **chicken** widthways, then serve on your plates with the **mash** and **carrots** alongside. Spoon over the **mushroom sauce** to finish.

Enjoy!

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