

# Roast Chicken Breast



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







Chicken Breast Skin-On





Garlic Clove



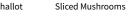






Potatoes

**Echalion Shallot** 





Red Wine Jus Paste

### 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 <b>10) 14)</b>	15g	22g	30g
Pantry	2P	3P	4P
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

<sup>\*</sup>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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

#### Contact

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# 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, skinside 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.



## 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.



## **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.



### Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Add to the pan of boiling water with 1/2 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**.



# Make your Red Wine Sauce

Put the (now empty) frying pan back on mediumhigh 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.



### 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!







