



Roast Chicken Breast

with Red Wine Mushroom Sauce, Roasted Carrots and Garlic Mash

Classic 40 Minutes • 1 of your 5 a day

1



Skin-on Chicken Breast



Carrot



Garlic Clove



Potatoes



Closed Cup Mushrooms



Echalion Shallot



Red Wine Stock Paste



Bacon Lardons



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools, you will need:

Saucepan with Lid, Frying Pan, Baking Tray, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Skin-on Chicken Breast**	2	3	4
Carrot**	3	4	6
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Garlic Clove**	2	3	4
Potatoes**	450g	700g	900g
Closed Cup Mushrooms**	150g	225g	300g
Echalion Shallot**	1	1	2
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock Paste (14)	1 sachet	1½ sachets	2 sachets
** Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	673g	100g
Energy (kJ/kcal)	2000 / 478	297 / 71
Fat (g)	8	1
Sat. Fat (g)	2	0
Carbohydrate (g)	60	9
Sugars (g)	19	3
Protein (g)	44	7
Salt (g)	2.63	0.39
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	718g	100g
Energy (kJ/kcal)	2488 / 595	347 / 83
Fat (g)	17	2
Sat. Fat (g)	5	1
Carbohydrate (g)	61	9
Sugars (g)	19	3
Protein (g)	52	7
Salt (g)	3.86	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

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.

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Chicken

Preheat your oven to 200°C. Boil a large saucepan of **water** over 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 after handling chicken and its packaging.



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, thinly slice the **mushrooms**. Halve, peel and thinly slice the **shallot**.



Prep the Carrots

While the **chicken** cooks, trim the **carrots** (no need to peel), quarter lengthways and then chop into finger-length batons. Pop the **carrots** onto a large baking tray and add a drizzle of **oil**. Sprinkle over the **sugar** (see ingredients for amount) and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer.



Make the Sauce

Put the (now empty) frying pan back on medium-high heat. Add a drizzle of **oil**, the **mushrooms** and a pinch of **salt** and **pepper**. Stir-fry until the **mushrooms** are golden, 4-5 mins. Add the **shallot** and fry until softened, 3-4 mins. Pour in the **water for the sauce** (see ingredients for amount), stir in the **red wine stock** and bring to the boil. Lower the heat and simmer until the **sauce** has reduced by half, 4-5 mins. Remove from the heat.

CUSTOM RECIPE

If you've decided to add **bacon lardons** to your meal, add them to the pan with the **mushrooms**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Get Roasting

Transfer the **chicken** to a baking tray (skin-side up). When the oven is hot, roast the **carrots** on the middle shelf for 5 mins, then put the **chicken** on the top shelf. Roast until the **carrots** are tender and the **chicken** is cooked, 18-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Halfway through, add the **garlic cloves** (no need to peel) to the **carrot** tray to roast, 10 mins.



Finish and Serve

When the **chicken** is cooked, transfer to a board to rest for a couple of mins. Squeeze the **garlic** out of its skin and add to the **potatoes** along with a knob of **butter** and a splash of **milk** (if you have some). Add **salt** and **pepper** to taste and mash until smooth. Slice the **chicken** and serve with the **mash** and **carrots**, spooning over the **sauce**.

Enjoy!