



ROAST CHICKEN

with Mini Roasties, Veggies and Gravy



HELLO THYME

The Ancient Egyptians used thyme in the mummification process!



Potato



Carrot



Broccoli



Chicken Breast



Honey



Flour



Chicken Stock Powder



Dried Thyme

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 two **Large Baking Trays**, a **Frying Pan**, **Measuring Jug**, **Whisk**, **Large Saucepan** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel). Trim the **carrot**, then halve lengthways (no need to peel). Chop into 1cm wide batons. Chop the **broccoli** into florets (like small trees!). Arrange the **potato** and **carrots** on a large baking tray, keeping them separate. Drizzle with **oil** and season with **salt** and **pepper** then roast on the top shelf of your oven, 30-35 mins. Turn halfway through cooking.



2 ROAST THE CHICKEN

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



3 ROUX THE DAY!

Meanwhile, fill and boil your kettle. Put the 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**! **★ TIP:** *Don't panic if it looks lumpy - it will be fine!*



4 MAKE THE GRAVY

Dissolve the **stock powder** in a measuring jug of boiling **water** (see ingredients for amount). Bit by bit, stir this **stock** into 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, then remove from the heat.



5 COOK THE BROCCOLI

Bring a large saucepan of water to the boil with a pinch of salt for the broccoli. Once boiling, add the **broccoli**. Cook until tender, 5 mins, then drain in a colander.



6 FINISH AND SERVE

When ready to serve, rewarm the **gravy** over a low heat, adding a splash of **water** if it is too thick. Drizzle the **honey** over the roasted **carrots** and turn to coat. Cut the **chicken** into 2cm thick slices, serve on plates with the **mini roasties**, **veggies** and a drizzle of **gravy**! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato ✱	1 small pack	1 large pack	2 small packs
Carrot ✱	2	3	4
Broccoli ✱	1	1½	2
Chicken Breast ✱	2	3	4
Honey	1 sachet	1½ sachets	2 sachets
Flour ¹³⁾	8g	12g	16g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Dried Thyme	½ pot	¾ pot	1 pot
Water*	300ml	450ml	600ml

*Not Included

✱ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 678G	PER 100G
Energy (kJ/kcal)	2443 / 584	360 / 86
Fat (g)	15	2
Sat. Fat (g)	4	1
Carbohydrate (g)	68	10
Sugars (g)	19	3
Protein (g)	45	7
Salt (g)	1.03	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹³⁾ Gluten

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

THUMBS UP OR THUMBS DOWN?

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