



More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

## Roast Chicken with Mini Roasties, Veggies and Gravy

Roast chicken may be such a frequent meal in your home that you can cook it with your eyes closed. What's special about this dish you may ask? It's all about the gravy! In the lead up to the festive season now is a great time to perfect your Christmas lunch accompaniments, like this delicious gravy, to avoid a Christ'mess' disaster!

45 mins

2.5 of your 5 a day

mealkit



Potato (1 pack)



Carrot (2)



Broccoli (1)



Thyme (1/4 bunch)



Chicken Breast (2)



Honey (1 tbsp)



Flour (1 tbsp)



Chicken Stock Pot (1)




Water (300ml)

## 2 PEOPLE INGREDIENTS

- Potato, chopped
- Carrot, chopped
- Broccoli, florets
- Thyme
- Chicken Breast

- 1 pack**
- 2**
- 1**
- ¼ bunch**
- 2**
- Honey
- Flour
- Chicken Stock Pot
- Water

- 1 tbsp**
- 1 tbsp**
- 1**
- 300ml**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The consumption of broccoli worldwide has increased 900% in the last 20 years!

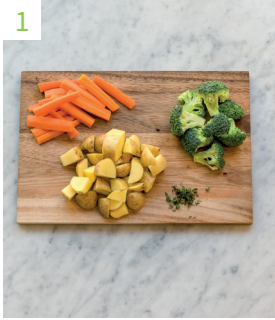
**Allergens:** Gluten.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	522 kcal / 2211 kJ	12 g	2 g	62 g	18 g	42 g	3 g
<b>Per 100g</b>	103 kcal / 439 kJ	2 g	0 g	12 g	4 g	8 g	1 g

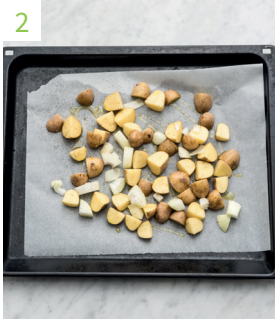
**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



**1** Preheat your oven to 200 degrees. Chop the **potato** into 2cm pieces (no need to peel). Peel the **carrot**, remove the top and bottom and cut in half lengthways, then chop into batons about the size of your little finger. Separate the **broccoli** into florets. Pull the **thyme leaves** off their stalks.

2

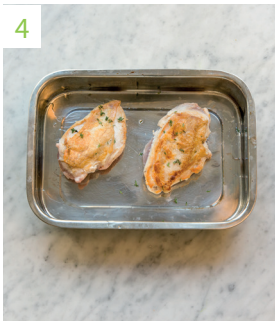


**2** Pop your **potato** on a baking tray, drizzle over enough **oil** to coat, then sprinkle over a pinch of **salt** and a good grind of **black pepper**. Give the tray a good shake and put on the top shelf of your oven to roast for 30 mins.

**3** Meanwhile, season each **chicken breast** with a pinch of **salt** and a good grind of **black pepper** on both side. Add a drizzle of **oil** to a frying pan on medium-high heat and lay in your **chicken** skin-side down. Cook for 4-5 mins or until the skin is crispy.

**Tip:** *Don't touch the chicken during this time or you won't get crispy skin!*

4



**4** Once the skin is crispy, remove your **chicken** to a lightly oiled baking dish skin-side up and sprinkle over your **thyme leaves** (leave the juices and oil in the frying pan, you'll need this for the gravy later!). Put your **chicken** on the middle shelf of your oven for 25-30 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

**5** Whilst your chicken and potato cook, put a pot of water on to boil (the water needs to be about 4cm deep). Once boiling add a pinch of **salt** and your **carrot**. Put the lid on and leave to cook for 10-15 mins. Once your **carrot** is cooked, drain and return to the pot. Add the **honey**, a really good grind of **black pepper** and stir well. Put the lid back on the pot to keep your carrot warm. Meanwhile, pop another pot of water on to boil (with plenty of water). Pop the **broccoli** in the pot of boiling water with a good pinch of **salt** and boil for 5 mins or until tender.

6



**6** Meanwhile, make the **gravy**. Put your frying pan back on medium heat and add the **flour**. Stir your **flour** into the chicken juices (if your pan is a bit dry just add a splash of **oil**) and cook for 2 mins, stirring a couple of times until the mixture is properly combined and has cooked slightly. **Tip:** *Combining fat and flour makes a 'roux' which is used to thicken sauces!*

**7** Add the **chicken stock pot** to your pan along with the **water** (amount specified in the ingredient list). Bring to a simmer whilst stirring (or whisking if you have a whisk!). Make sure your **chicken stock pot** has dissolved and then simmer for 3-5 mins to thicken your **gravy**.

**8** Cut your **chicken** into 2cm wide slices, serve on plates with your **roast potato**, **veggies** and a drizzle of **gravy**! Enjoy!

**Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!**