



Roasted Chicken and Gravy

with Pear and Chorizo Red Cabbage, Mushroom Stuffing, Roast Potatoes and Carrots

Nº 20

ROAST Hands on Time: 60 Minutes • Total Time: 90 Minutes • 2.5 of your 5 a day



Whole Chicken



Potato



Plain Flour



Red Onion



Garlic Clove



Red Cabbage



Pear



Chestnut Mushrooms



Butter



Stuffing Mix



Diced Chorizo



Balsamic Vinegar



Chicken Stock Powder

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Roasting Tray, Baking Tray and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Potato**	900g	1.125kg	1.4kg
Plain Flour 13)	24g	36g	48
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Cabbage**	1	1	1
Pear**	1	2	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Butter 7) **	30g	45g	60g
Stuffing Mix 13)	85g	85g	170g
Boiling Water for the Stuffing*	215ml	215ml	430ml
Diced Chorizo 7) **	60g	90g	120g
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Water for the Cabbage*	75ml	100ml	150ml
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1082g	100g
Energy (kJ/kcal)	4759 /1138	440 /105
Fat (g)	117	11
Sat. Fat (g)	19	2
Carbohydrate (g)	114	11
Sugars (g)	17	2
Protein (g)	61	6
Salt (g)	3.29	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Get Started

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Preheat your oven to 200°C. Pour a large glug of **oil** into a roasting tray. Pop it onto the top shelf of your oven to warm up. Pour a little **oil** into the bottom of another baking tray. Snip the string holding the **chicken legs** together, remove and discard. Pop the **chicken** on the tray and drizzle over a little **oil**. Season with **salt** and **pepper**. **IMPORTANT: Remember to wash your hands after handling raw meat.** Roast on the middle shelf of your oven for **2P: 60 mins 3P & 4P: 75 mins** depending on size. **IMPORTANT: The chicken is cooked when the juices from the thigh run clear and the meat is no longer pink.**



4. Cabbage Time

Pop your frying pan back on medium-high heat (no need to wash). Add a drizzle of **oil** and the **chorizo** and **onion**. Stir and cook until the **chorizo** is crispy and the **onion** is really nice and soft, 4-6 mins. Stir in the **balsamic vinegar** and cook for 1 minute, then add the **pear** and **red cabbage**. Season with **salt** and **pepper**. Stir everything together, then pour in the **water** (see ingredient list for amount), bring to a simmer, cover with a lid or some foil, reduce the heat to medium low and cook until the **cabbage** is softened, 25-30 mins. Stir a couple of times to ensure it's not sticking to the pan.



2. Roast the Potatoes

Meanwhile, peel the **potatoes** and chop into 4cm chunks. Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway. When they're ready, turn off the oven and place on the bottom shelf to keep warm until everything is ready.



5. Gravy Time

Meanwhile, put a saucepan on medium-high heat and add the remaining **butter**. Melt the **butter** gently, then stir in the remaining **flour**. Continue to stir until combined, you've made a **roux!** Cook, stirring until the **roux** is a medium brown colour, 3-4 mins. Gradually stir in the **water** (see ingredients for amount) and **chicken stock powder**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer, stirring occasionally, until the gravy has thickened to your liking, 15-20 mins. Meanwhile, pop the **stuffing** in the oven to cook for 20 mins.



3. Finish the Prep

Fill and boil your kettle. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Quarter the **red cabbage**, remove (and discard) the white core, thinly slice. Coarsely grate the **pear** (discard the core). Finely chop the **chestnut mushrooms**. Heat **half the butter** in a frying pan on medium high heat - once melted, add the **mushrooms**. Fry until golden brown, 5-6 mins. While the **mushrooms** cook, pop the **stuffing mixture** into a bowl and pour in the boiling **water** (see ingredient list for amount). Stir, then leave to stand for 5 mins. When the **mushrooms** are cooked, add the **garlic**, cook for 1 minute. Then add them to the **stuffing mixture** and stir together. Transfer to a small ovenproof dish and set aside.



6. Finish and Serve

When the **chicken** is cooked, cover it loosely with foil and leave to rest for 15-20 mins. Once the **red cabbage** is tender, remove the lid and simmer until the **liquid** has evaporated, 4-5 mins. Cover with a lid and set aside. A couple of minutes before everything is ready, heat through your **gravy**. Add any **chicken resting juices** or **water** to the **gravy** to get it to your desired consistency. Reheat your **red cabbage** too if you need to. Once everything is ready, carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Pour over the **gravy** and **dig in!**