



# Rosemary Roast Chicken & Tomato 'Asteroids' with Mini Roast Potatoes and Tenderstem® Broccoli

7

LIGHTYEAR 30-35 Minutes • 1 of your 5 a day



Potatoes



Garlic Clove



Baby Plum Tomatoes



Balsamic Glaze



Chicken Fillet



Dried Rosemary



Tenderstem® Broccoli



Mayonnaise

Disney · PIXAR  
**LIGHTYEAR**

Only In cinemas

**Pantry Items**  
Oil, Mayonnaise

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To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, aluminium foil and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze (14)	1 sachet	1 sachet	2 sachets
Chicken Fillet**	2	3	4
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	80g	150g	150g
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2033 /486	394 /94
Fat (g)	13.2	2.6
Sat. Fat (g)	1.7	0.3
Carbohydrate (g)	47.4	9.2
Sugars (g)	8.1	1.6
Protein (g)	45.4	8.8
Salt (g)	0.30	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 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.

## Contact

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## 1 Get Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## 4 Tenderstem® Time

While everything roasts, halve any thick **broccoli** stems lengthways.

**Space Ranger Mission:** *Asteroids on the horizon! Little space rangers can use the back of a spoon to squish the tomato 'asteroids' before or after serving - most will break up in the atmosphere of your oven, but making sure they do also makes things extra delicious in Step 6.*



## 2 Prep your Asteroids

While the **potatoes** roast, peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes** and pop them onto a piece of foil, then drizzle with the **balsamic glaze** and a little **oil**. Season with **salt** and **pepper** if you'd like and add a knob of **butter** (if you have any). Place the **tomato parcel** onto one half of a baking tray - once roasted, they'll be your **tomato 'asteroids'**!



## 5 Blast Off with Broccoli!

When 10 mins of cooking time remain, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once the **oil** is hot, add the **Tenderstem® broccoli** and stir-fry for 2-3 mins, then add a splash of **water**. Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper** if you'd like.



## 3 Roast the Chicken

Lay the **chicken** onto the other side of the baking tray. Drizzle with **oil**, then scatter over the **garlic** and **dried rosemary**. Season with **salt** and **pepper** if you'd like, then rub the **flavourings** all over the **chicken**. Roast the **tomatoes** and **chicken** on the middle shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle. After 20 mins, remove the tomato parcel and set aside.*



## 6 Finish and Serve

When everything is ready, cut the **chicken** widthways into 2cm slices. Plate up your roast **chicken**, then top with the **tomato 'asteroids'**. Spoon the **juices** from the **parcel** around the plate in a ring to make an **asteroid belt!** Serve with the **mini roast potatoes**, **Tenderstem® broccoli** and a dollop of **mayo** (see ingredients for amount) alongside. **Enjoy!**

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