



# Thanksgiving Inspired Roasted Chicken & Creamy Mash

with Cheesy Sweet Potatoes, Nutty Beans and Cranberry Stuffing

**Roast** 90 Minutes • 1 of your 5 a day

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Butter



Honey



Whole Chicken



Sweet Potato



Dried Cranberries



Pork and Oregano Sausage Meat



Potato



Green Beans



Garlic Clove



Grated Hard Italian Style Cheese



Red Wine Jus Paste



Flaked Almonds

## Before you start

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

## Cooking tools, you will need:

Saucepan, Potato Masher, Frying Pan, Baking Tray, Colander, Bowl and Grater.

## Ingredients

	2P	3P	4P
Butter** 7)	10g	20g	20g
Honey	1 sachet	2 sachets	2 sachets
Whole Chicken**	1	1	1
Sweet Potato**	2	3	4
Dried Cranberries	30g	60g	60g
Pork and Oregano Sausage Meat** 13) 14)	225g	340g	450g
Baking Potato**	1	2	2
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Water for the Gravy*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	22g	30g	44g
Flaked Almonds 2)	15g	25g	30g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	859g	100g
Energy (kJ/kcal)	5556 / 1328	647 / 155
Fat (g)	63	7
Sat. Fat (g)	23	3
Carbohydrate (g)	109	13
Sugars (g)	37	4
Protein (g)	72	8
Salt (g)	3.55	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 8) Egg 10) Celery 13) Gluten 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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## Get Started

Preheat your oven to 200°C. Put the **butter** into a small bowl, season with **salt** and **pepper** and add the **honey**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Mash with a fork until softened and combined. Snip the string holding the **chicken legs** together and discard it. Transfer the **chicken** to a large baking tray and cover with the **honey butter**. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Prick the **sweet potatoes** with a fork. Pop them onto the same baking tray, drizzle with **oil** and season with **salt**.



## Make the Gravy

Meanwhile, put the **water for the gravy** (see ingredients for amount) into a small saucepan and add the **red wine jus paste**. Bring to the boil and simmer until the **gravy** has thickened to your liking, 5-10 mins. Then remove from the heat. **TIP:** *Add a splash of water if needed.*



## Make the Stuffing

Roast the **chicken** and **sweet potatoes** on the middle shelf of your oven for 60/75 mins depending on size. **IMPORTANT:** *The chicken is cooked when the juices from the thigh run clear and there is no pink meat.* Meanwhile, roughly chop the **cranberries** then add into a medium bowl with the **sausage meat**. Mix to combine, then shape into 3 balls per person. Add to the baking tray when the **chicken** has 30 mins remaining. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The stuffing balls are cooked when no longer pink in the middle.*



## Bean Time

Heat a medium frying pan on medium heat (no **oil**). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** *Watch them like a hawk as they can burn easily.* Once toasted, transfer to a small bowl. Put your pan back on medium-high heat and add a drizzle of **oil**. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat and scatter with the **toasted almonds**.



## Finish the Prep

Meanwhile, bring a medium saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt**. Peel and chop the **white potato** into 2cm chunks. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **butter**, **half the cheese** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



## Serve

Once the **chicken** is cooked, transfer it to a board to rest, loosely wrapped in foil, 5-10 mins. Cut open the **sweet potatoes** and add some **butter** (if you have any) and the **remaining cheese**. Reheat anything if needed. Carve your **roast chicken** and serve with the **mash**, **sweet potatoes**, **natty green beans** and **stuffing** alongside. Finish with the **gravy** drizzled over the top.

## Enjoy!