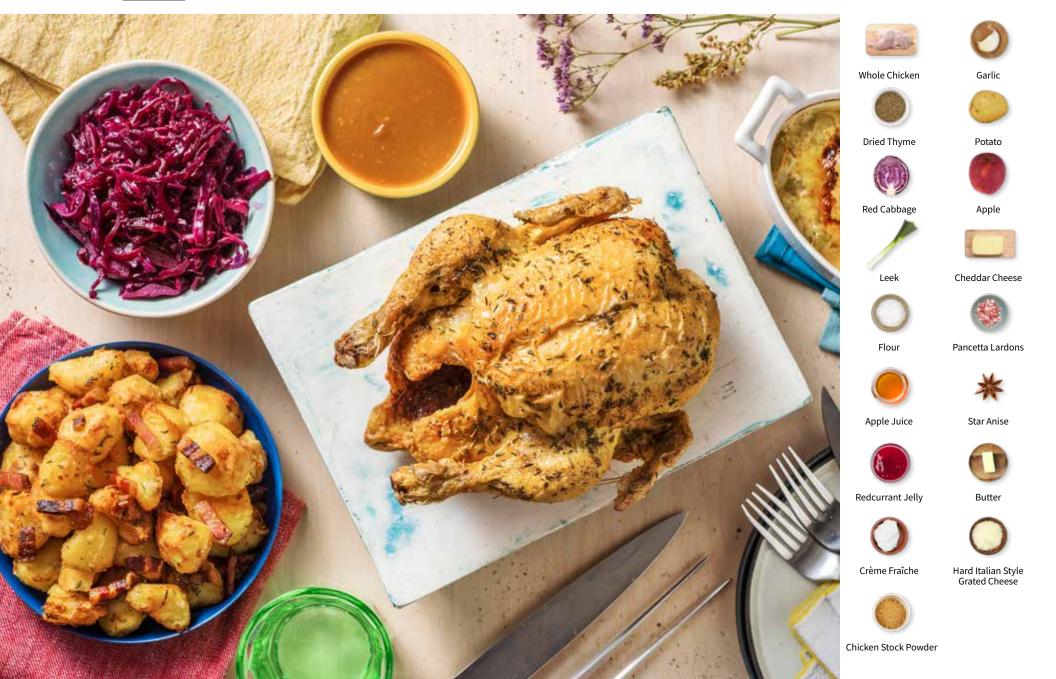


# Thyme Roasted Whole Chicken

with Pancetta Roasties, Red Cabbage and Cheesy Leeks



ROAST Hands on Time: 45 Minutes • Total Time: 90 Minutes • 2 of your 5 a day



# **Before you start**

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

Basic cooking tools you will need:

Two Baking Trays, Two Large Saucepan, Coarse Grater, Colander, Ovenproof Dish and Measuring Jug.

#### Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Thyme	1 pot	1 pot	1 pot
Garlic**	4	6	8
Potato**	900g	1.15kg	1.4kg
Red Cabbage**	1 small	1 large	1 large
Apple**	1	1	2
Leek**	2	3	4
Cheddar Cheese 7)**	1 block	1½ blocks	2 blocks
Flour <b>13)</b>	24g	36g	48g
Pancetta Lardons**	1 small pack	1 medium pack	1 large pack
Apple Juice**	½ carton	¾ carton	1 carton
Star Anise	1/2	1/2	1
Redcurrant Jelly	1 pot	1 pot	2 pots
Butter 7)**	30g	45g	60g
Creme Fraiche 7)**	75g	100g	150g
Hard Italian Style Cheese <b>7) 8)</b> **	1 pack	1½ packs	2 packs
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	1424g	100g
Energy (kJ/kcal)	5678/1357	399 /95
Fat (g)	137	10
Sat. Fat (g)	30	2
Carbohydrate (g)	120	8
Sugars (g)	29	2
Protein (g)	70	5
Salt (g)	3.52	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

#### Allergens

7) Milk 8) Egg 13) Gluten

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.

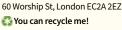
#### Contact

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# HelloFRESH

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### 1. Roast the Chook!

Preheat your oven to 200°C. Remove the string from the chicken and transfer to a baking tray and drizzle with **oil**. **IMPORTANT:** Wash your hands after handling raw meat. Season with salt, pepper and **half** the **thyme**, roast in the middle of the oven for 2P: 60 mins 3P & 4P: 75 mins depending on size. Add the **garlic** cloves to the tray and roast until soft, 15-20 mins. IMPORTANT: The chicken is cooked when the juices from the thigh run clear and the meat is no longer pink. Meanwhile, pour a good glug of **oil** onto another baking tray and pop into your oven. Bring a large saucepan of water to the boil on high heat with a pinch of **salt**.



# 4. Cook the Veggies

Cook the cabbage mixture until it starts to soften, 3-4 mins, stirring frequently then add the apple juice, star anise, redcurrant jelly and a pinch of **salt**. Reduce the heat and simmer until the cabbage mixture is soft, glossy and the apple juice has evaporated, 20-25 mins. Remove the garlic cloves from the oven and allow to cool. Meanwhile, wash the potato pan and return to a medium heat with half the butter. Add the leeks, stir well, add a splash of water and cook until softened. 5-6 mins.



## 2. Prep Time

Peel and chop the potatoes into 3cm chunks. Add the potatoes to the water and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Meanwhile, halve the cabbage, cut out and discard the tough core, then finely slice. Coarsely grate the **apple**. Trim the root and the dark green leafy part from the **leek**. Slice into rounds 1cm thick. Grate the cheddar cheese.



## 3. Roast the Spuds

Once the spuds are ready, drain in a colander. Pop back into the pan then sprinkle on half and remaining **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**. Sprinkle over a pinch of salt. Roast the potatoes on the top shelf of your oven for 45-50 mins, turn halfway through. Add the **pancetta lardons** to the tray when they have 15 mins left. Heat a splash of **oil** in a saucepan over medium heat and add the cabbage and apple.



## 5. Gravy Time

Once the leeks are softened, stir in the creme fraiche and season with salt and pepper. Transfer to a small ovenproof dish and sprinkle on the cheeses. Bake until golden and bubbly, 20 mins. Squeeze the baked garlic from their skins. Wash the leek pan then reheat over medium-high heat and add the remaining butter and garlic. Allow to melt, then stir in the **remaining flour**. You've made a roux! Cook until the **roux** is a medium brown colour. Use your spoon to squish the garlic into the roux. TIP: Don't forget to add the pancetta to the potatoes.



# 6. Finish Off

Gradually, stir in the water (see ingredients for amount) and chicken stock powder into the roux. Bring to the boil, stirring out any lumps that may form. Lower the heat and simmer until the gravy has thickened to your liking, 15-20 mins. Add any resting juices to the gravy. TIP: Be careful when adding the chicken juices to the gravy, the more you add the thinner the gravy will be. Once the chicken is cooked, rest it wrapped in foil for 10 mins and reheat anything that has cooled. TIP: Remove the star anise from the cabbage. Share the veggies and **spuds** between your plates (don't leave the **crispy** pancetta behind!). Carve your chicken. Arrange alongside. Pour over the gravy.

Dig in!