



Thyme Roasted Chicken

with Roasties, Red Cabbage and Cheesy Leeks

Roast 90 Minutes • Little Spice • 1 of your 5 a day

31



Whole Chicken



Dried Thyme



Garlic



Potato



Red Cabbage



Leek



Cheddar Cheese



Flour



Apple Juice



Star Anise



Creme Fraiche



Chicken Stock Powder

Before you start

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

Cooking tools, you will need:

Baking Tray, Large Saucepan, Grater, Colander, Ovenproof Dish

Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Thyme	1 pot	1 pot	2 pots
Garlic**	4	6	8
Potato**	700g	1150g	1400g
Red Cabbage**	1	1	1
Leek**	2	3	4
Cheddar Cheese 7)**	60g	90g	120g
Flour 13)	24g	36g	48g
Apple Juice	½ carton	¾ carton	1 carton
Star Anise	½ pot	½ pot	1 pot
Crème Fraiche 7)**	75g	100g	150g
Water for Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 pot	2 pots	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	848g	100 g
Energy (kJ/kcal)	3228 / 772	381 / 91
Fat (g)	101	12
Sat. Fat (g)	17	2
Carbohydrate (g)	87	10
Sugars (g)	13	2
Protein (g)	35	4
Salt (g)	2.37	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

The above nutrition is based on 200g of chicken per person.

Allergens

7) Milk 13) Gluten

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.

Contact

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Roast the Chook!

Preheat your oven to 200°C. Remove the string from the **chicken**, 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 on 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.* Meanwhile, pour a good glug of **oil** onto another baking tray and pop into your oven.



Cook the Veggies

Cook the **cabbage** until it starts to soften, 3-4 mins, stirring frequently then add the **apple juice**, **star anise**, a pinch of **sugar** and season with **salt** and **pepper**. 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 medium heat with a drizzle of **oil**. When hot, add the **leeks**, season with **salt** and **pepper**, stir well, add a splash of **water**. Cook until softened, 5-6 mins.



Prep Time

Bring a large saucepan of **water** to the boil on high heat with ½ tsp of **salt**. Peel and chop the **potatoes** into 3cm chunks. Add them 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. Trim the root and the dark green leafy part from the **leek**. Slice into rounds 1cm thick. Grate the **Cheddar cheese**.



Gravy Time

Once the **leeks** are softened, stir in the **crème fraiche** and **half the cheese**. Season with **salt** and **pepper**. Transfer to a small ovenproof dish and sprinkle on the remaining **cheese**. Bake in your oven until golden and bubbling, 20 mins. Squeeze the **baked garlic** from their skins. Wash the **leek** pan then reheat over medium-high heat and add a drizzle of **oil** and the **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**.



Roast the Spuds

Once the **potatoes** are ready, drain in a colander. Pop back into the pan then sprinkle on the remaining **dried thyme** and **half the flour**. Give your pan a shake to fluff up the **potatoes**. Take your hot baking tray out of your oven, carefully transfer your **potatoes**, spread out in a single layer, turning in the **oil**, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins, turn halfway. Heat a splash of **oil** in a saucepan over medium heat and add the **cabbage**.



Finish Off

Gradually stir 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. Once the **chicken** is cooked, rest it wrapped in foil for 10 mins and reheat anything that has cooled. Once ready, add any **chicken 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.* Remove the **star anise** from the **cabbage**. Share the **veggies** and **spuds** between your plates. Carve your **chicken**. Arrange alongside. Pour over the **gravy** and dig in.

Enjoy!