



Thyme Roasted Chicken and Gravy

with Roast Potatoes, Creamed Greens and Mashed Swede

N° 20

SPRING SPECIAL

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



Whole Chicken



Dried Thyme



Potato



Plain Flour



Swede



Garlic Clove



Hazelnuts



Butter



Cavolo Nero



Baby Spinach



Grated Hard Italian Style Cheese



Crème Fraîche



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, Baking Tray, Roasting Tray, Colander, Fine Grater (or Garlic Press), Frying Pan, Saucepan, Measuring Jug and Potato Masher.

Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Thyme	1 small pot	1 large pot	1 large pot
Potato**	900g	1.15kg	1.4kg
Plain Flour 13)	24g	32g	48g
Swede**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Hazelnuts 2)	1 small pot	1 large pot	1 large pot
Butter 7)**	30g	45g	60g
Cavolo Nero**	1 pack	2 packs	2 packs
Baby Spinach**	1 small bag	1 small bag	1 large bag
Grated Hard Italian Style Cheese 7) 8)**	1 bag	1½ bags	2 bags
Crème Fraîche 7)**	150g	225g	300g
Water for 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	1614g	100g
Energy (kJ/kcal)	9067 /2167	562 /134
Fat (g)	139	9
Sat. Fat (g)	47	3
Carbohydrate (g)	103	6
Sugars (g)	12	1
Protein (g)	142	9
Salt (g)	3.39	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **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.

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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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. Put a small drizzle of **oil** in the bottom of another roasting tin. Snip the string holding the **chicken legs** together, remove and discard. Pop the **chicken** in the tin and drizzle with **oil**. Sprinkle over **half the dried thyme**, season with **salt** and **pepper**. Roast on the middle shelf of your oven for **2P & 3P: 60 mins** **4P: 75 mins** depending on size. **IMPORTANT: The chicken is cooked when the juices from the thigh run clear.** Once the **chicken** is cooked, rest it wrapped in foil for 15-20 mins.



4. Gravy and Greens

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **cavolo nero** and fry until softened, 4-5 mins. Then add the **garlic**, a handful of **spinach** and a splash of **water**. Stir until wilted, keep adding handfuls of spinach until it's all wilted. Add a pinch of **salt** and **pepper** and cook until the **water** has evaporated, then stir in the **hard Italian style cheese** and **half the creme fraiche**. Gently bring to the boil, then remove from the heat and leave to the side (we will reheat later).

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



2. Roast the Potatoes

Meanwhile, peel the **potatoes**, chop into 4cm chunks. Add them to the boiling **water** and cook until the edges have softened when you poke them with a knife, 7-8 mins. Once the **potatoes** are ready, drain in a colander, pop back into the pan, sprinkle on the remaining **thyme** and **half the flour**. Give your pan a shake to fluff up the **potato**. When the **chicken** has 45 mins left to cook, take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer. Sprinkle over a pinch of **salt** and gently toss the **potatoes** in the **oil**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins, turn halfway through cooking.



5. Gravy and Swede

Meanwhile, pop a saucepan on medium heat and add **half the butter**, allow to melt, stir in the remaining **flour**. You've made a **roux**! Cook until the **roux** is a medium brown colour and 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 until the gravy has thickened to your liking, 15-20 mins. Once the **swede** is cooked, drain and put it back in the pan, add the remaining **butter** and **creme fraiche**, season with **salt** and **pepper**. Mash vigorously until it resembles a rough **mash**. Cover with a lid and leave to the side.



3. Finish the Prep

Wash your saucepan and fill with **water** again. Bring to the boil on high heat. Peel the **swede** and chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **hazelnuts**. Once the **water** is boiling, add the **swede** and simmer until tender, 25-30 mins. **TIP: The swede is cooked when you can easily slip a knife through it.** Once cooked, drain in a colander, pop back in the pan and cover with a lid. Set aside.



6. Finish and Serve

Once everything is ready, reheat the **greens**, **swede** and **gravy** if you need to. Carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Sprinkle the **hazelnuts** over the **creamed greens**. Add any **chicken resting juice** or **water** to the **gravy** to get it to your desired consistency. **TIP: Be careful when adding the chicken juices to the gravy, the more you add the thinner the gravy will be.** Pour the **gravy** over the **chicken**!

Dig In!