



Roast Chicken Breast with Mini Roasties, Veggies and Gravy

Family 45 Minutes • 1 of your 5 a day

7



Echalion Shallot



Potatoes



Chantenay Carrots



Chicken Breast



Dried Thyme



Chicken Stock Paste



Broccoli Florets



Honey

Before you start

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

Cooking tools, you will need:

Baking Tray, Frying Pan, Wooden Spoon, Kettle, Measuring Jug, Saucepan, Colander, Plate.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Potatoes**	450g	700g	900g
Chantenay Carrots**	150g	225g	300g
Chicken Breast**	2	3	4
Dried Thyme	1 sachet	1 sachet	2 sachets
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for Stock*	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Broccoli Florets**	200g	300g	400g
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	603g	100g
Energy (kJ/kcal)	2077 / 496	344 / 82
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	55	9
Sugars (g)	14	2
Protein (g)	49	8
Salt (g)	1.17	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

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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1



Prep the Veggies

Preheat your oven to 200°C. Halve, peel and chop the **shallot** into small pieces. Halve any large **broccoli florets** then set aside. Chop the **potato** into 2cm chunks (no need to peel). Arrange the **potatoes** and **carrots** on a large baking tray (or two trays), keeping them separate and in a single layer. Drizzle with **oil**, season with **salt** and **pepper** then roast on the top shelf of your oven until tender, 25-30 mins, turning halfway.

2



Cook the Chicken

Meanwhile, season the **chicken** with **salt** and **pepper**. Heat a drizzle of **oil** in a frying pan on medium-high heat. Lay in the **chicken**, skin-side down, and fry until the skin is golden, 4-5 mins. Transfer to an oiled baking tray, skin-side up, and sprinkle over the **dried thyme** (don't wash the pan). Pop the tray on the middle shelf of your oven and roast until cooked through, 20-25 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.

3



Make the Roux

Meanwhile, fill and boil your kettle. Put the (now empty) frying pan back on medium heat with a drizzle of **oil**. Add the **shallot** and cook until softened, 4-5 mins. Add the **flour** (see ingredients for amount), stir together and cook until beginning to turn golden, 2 mins. **TIP:** Add another drizzle of oil if necessary. Stir occasionally to combine well. This is the **roux** that will thicken your **gravy**. **TIP:** Don't panic if it looks lumpy - it will be fine.

4



Make the Gravy

Pour your **boiling water** into a jug (see ingredients for amount) and then stir in the **chicken stock paste**. Gradually pour this **stock** into the **roux**, stirring well to make sure there are no lumps. Bring to a simmer and keep stirring (or whisking if you have a whisk). Cook until thickened to your liking, 3-5 mins, then remove from the heat. Taste and season with **salt** and **pepper** if needed.

5



Cook the Broccoli

Meanwhile, bring a large saucepan of **water** to the boil with ¼ **tsp** of **salt** for the **broccoli**. Once boiling, add the **broccoli florets**. Cook until tender, 5 mins, then drain in a colander.

6



Serve

When ready to serve, reheat the **gravy** over a low heat, adding a splash of **water** if it is too thick. Drizzle the **honey** over the **roasted carrots** and turn to coat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Serve the **chicken** on the plates with the **mini roasties**, **veggies** and a generous drizzle of **gravy**.

Enjoy!

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.