



Roasted Chicken in Red Wine Mushroom Sauce with Garlic Mash and Roasted Carrots

24

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



Carrot



Skin-On
Chicken Breasts



Garlic Clove



Potatoes



Sliced Mushrooms



Red Wine
Jus Paste

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, aluminium foil, saucepan, colander, kitchen scissors and potato masher.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Skin-On Chicken Breasts**	2	3	4
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Sliced Mushrooms**	80g	120g	160g
Red Wine Jus Paste 10 14	15g	22g	30g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	678g	100g
Energy (kJ/kcal)	2117 /506	312 /75
Fat (g)	11.8	1.7
Sat. Fat (g)	3.2	0.5
Carbohydrate (g)	60.0	8.8
Sugars (g)	14.4	2.1
Protein (g)	45.2	6.7
Salt (g)	1.05	0.15

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

10) Celery **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Put the **carrot batons** on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sugar** (see pantry for amount). Toss to coat, then arrange in a single layer.

When the oven is hot, roast on the middle shelf until tender, 25-30 mins. Turn halfway through.



Cook the Potatoes

While the **chicken** cooks, chop the **potatoes** into 2cm chunks (peel first if you prefer). Add to the pan of **boiling water** with ½ **tsp salt**. Simmer until you can easily slip a knife through, 15-20 mins.

Meanwhile, put the (now empty) **chicken** frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms**. Season with **salt** and **pepper**, then stir-fry until golden and softened, 4-5 mins.



Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken** in the pan, skin-side down. Season with **salt** and **pepper**.

Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side to sear.

TIP: To ensure crispy skin, don't move the chicken.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

While the **chicken** cooks, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.



Make your Red Wine Sauce

Next, stir in the **water for the sauce** (see pantry for amount) and **red wine jus paste**. Bring to the boil, then lower the heat and simmer until the **sauce** has reduced by half, 4-5 mins. Remove from the heat. **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.

When the **chicken** is cooked, transfer to a board to rest for a couple of mins. Once the **garlic** is ready, remove from the foil and allow to cool for a couple of mins.

Meanwhile, once the **potatoes** are cooked, drain in a colander and pop them back into the pan.



Get Roasting

Once the **chicken** has seared, transfer it to another baking tray, skin-side up. Keep the pan, you will use it again (no need to clean).

Pop the **chicken** on the top shelf of your oven and roast until cooked through, 18-25 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

Halfway through the **chicken** cooking time, add the **garlic parcel** to the same tray to roast for the remaining time, until the **garlic** is soft.

Meanwhile, put a large saucepan of **water** on to boil on high heat for the **potatoes**.



Finish and Serve

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add the **garlic** to the **potatoes** along with a knob of **butter** and a splash of **milk** (if you have any). Mash until smooth, then season to taste.

Slice the **chicken** widthways into 2cm thick slices, then serve on your plates with the **mash** and **carrots** alongside. Reheat the **mushroom sauce** if needed, then spoon it over the **chicken** to finish.

Enjoy!