



# England's Winner Winner Chicken Dinner Burger

with Red Onion Gravy and Honey Roasted Root Veg

Six Nations 40-45 Minutes • 2 of your 5 a day

5



Carrot



Parsnip



Baking Potato



Red Onion



Red Wine Jus Paste



Chicken Breasts



Dried Rosemary



Grated Hard Italian Style Cheese



Burger Buns



Streaky Bacon

### Pantry Items

Oil, Salt, Pepper, Plain Flour, Honey, Mayonnaise

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, saucepan, baking paper, rolling pin, bowl, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	2	3	4
Parsnip**	1	2	2
Baking Potato	1	2	2
Red Onion**	1	1½	2
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
Chicken Breasts**	2	3	4
Dried Rosemary	1 sachets	2 sachets	2 sachets
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Burger Buns <b>13)</b>	2	3	4
Streaky Bacon**	4 rashers	6 rashers	8 rashers

Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml
Plain Flour*	1½ tbsp	2¼ tbsp	3 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	701g	100g	731g	100g
Energy (kJ/kcal)	3106/742	443/106	3464/828	474/113
Fat (g)	19.5	2.8	26.2	3.6
Sat. Fat (g)	4.2	0.6	7.1	1.0
Carbohydrate (g)	89.5	12.8	89.5	12.2
Sugars (g)	24.6	3.5	24.6	3.4
Protein (g)	54.7	7.8	60.2	8.2
Salt (g)	2.05	0.29	3.03	0.41

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 8) Egg 10) Celery 13) Cereals containing gluten 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, cereals containing 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. Be careful when adding water to hot pans while cooking.

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## Prep Time

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

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

Chop the **potato** into 2cm chunks (no need to peel).

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**



## Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick. Season with **salt** and **pepper**.

In a medium bowl, combine the **dried rosemary**, **flour** (see pantry for amount) and a pinch of **salt**. Add the **chicken breasts** and toss to coat. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



## Get Roasting

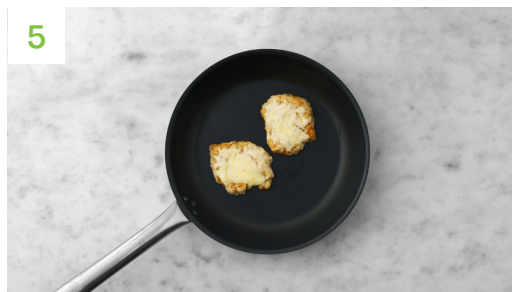
When the oven is hot, roast the **potatoes** on the top shelf until golden, 25-35 mins. Turn halfway through.

Pop the **carrots** and **parsnip** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Roast on the middle shelf until tender, 25-30 mins. Turn halfway through.

Meanwhile, halve, peel and thinly slice the **red onion**.

## CUSTOM RECIPE

If you're adding **bacon**, 20 mins into cooking the **veg**, move to the bottom shelf and roast, 10-15 mins more. Lay the **bacon** on a lined baking tray and bake on the middle shelf, 10-15 mins. Set aside until serving. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook it thoroughly.**



## Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **chicken**. Fry until golden brown and cooked through, 5-6 mins each side. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Sprinkle the **hard Italian style cheese** over the **chicken**, pop a lid on the pan and remove from the heat. Set aside to allow the **cheese** to melt.

Meanwhile, halve the **burger buns**. Pop into the oven to warm through, 2-3 mins.



## Make the Red Onion Gravy

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **red onion** and stir-fry until softened, 4-5 mins.

Pour in the **water for the jus** (see pantry for amount) and bring to the boil. Stir in the **red wine jus paste**, then reduce the heat to medium. **TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.**

Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.

Once thickened, remove from the heat and set aside.



## Serve Up

When everything's ready, reheat the **onion gravy** if needed. Drizzle the **honey** (see pantry for amount) over the **carrots** and **parsnip**. Toss to coat.

Spread the **mayo** (see pantry for amount) over the **bun bases**. Top with the **rosemary chicken** and spoon over the **gravy**. Sandwich shut with the **bun lids**.

Serve the **roasted potatoes, carrots and parsnip batons** alongside.

Enjoy!