



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

Family 40-45 Minutes • 2 of your 5 a day

1



Carrot



Skin-On  
Chicken Breasts



Garlic Clove



Potatoes



Sliced Mushrooms



Red Wine  
Jus Paste



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar

### 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, 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**	120g	180g	240g
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
Bacon Lardons**	90g	120g	180g

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	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>698g</b>	<b>100g</b>	<b>743g</b>	<b>100g</b>
Energy (kJ/kcal)	2122 /507	304 /73	2610 /624	351 /84
Fat (g)	11.9	1.7	21.0	2.8
Sat. Fat (g)	3.2	0.5	6.1	0.8
Carbohydrate (g)	60.0	8.6	60.9	8.2
Sugars (g)	14.5	2.1	14.5	2.0
Protein (g)	45.4	6.5	53.1	7.1
Salt (g)	1.05	0.15	2.28	0.31

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

## 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, 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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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** onto 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

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

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) 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. **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.

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



## Make your Red Wine Sauce

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.

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



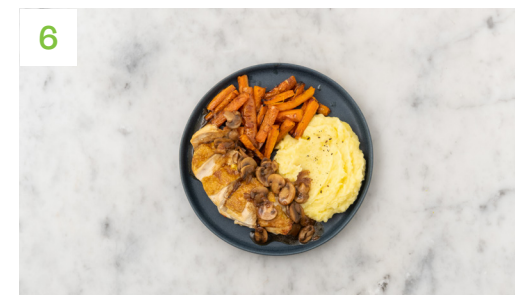
## Get Roasting

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 roasting, add the **garlic parcel** to the same tray to roast for the remaining time.

## CUSTOM RECIPE

If you're adding **bacon**, put another frying pan on medium-high heat with a drizzle of **oil**. Add the **bacon** and fry, 4-5 mins. Add the **bacon** to the **mash** in the final step. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook it thoroughly.



## 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!