



# Thanksgiving Maple Roasted Chicken and Sausage Stuffing with Cheesy Sweet Potatoes, Green Beans and Red Wine Jus

33

Roast 75-95 Minutes • 1 of your 5 a day



Whole British Chicken



Maple Syrup



Sweet Potato



Dried Cranberries



British Pork and Oregano Sausage Meat



Green Beans



Mature Cheddar Cheese



Garlic Clove



Red Wine Jus Paste

**Pantry Items**  
Oil, Salt, Pepper

## 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, bowl, grater, garlic press, saucepan, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Whole British Chicken**	1	1	1
Maple Syrup	1 sachet	2 sachets	2 sachets
Sweet Potato	2	3	4
Dried Cranberries	30g	60g	60g
British Pork and Oregano Sausage Meat** (13) 14)	225g	340g	450g
Green Beans**	80g	150g	150g
Mature Cheddar Cheese** 7)	30g	40g	60g
Garlic Clove**	2	3	4
Red Wine Jus Paste (10) 14)	15g	22g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Jus*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>1165g</b>	<b>100g</b>
Energy (kJ/kcal)	8364 /1999	718 /172
Fat (g)	117.2	10.1
Sat. Fat (g)	37.5	3.2
Carbohydrate (g)	90.1	7.7
Sugars (g)	36.3	3.1
Protein (g)	151.7	13.0
Salt (g)	5.14	0.44

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

## Allergens

7) Milk 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, mollusc, 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.

## Contact

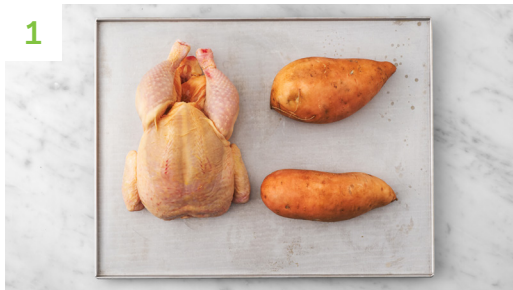
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## 1 Prep the Chicken

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

Snip the string holding the **chicken legs** together, remove and discard.

Transfer the **chicken** to a baking tray, then drizzle over the **maple syrup** and a little **oil**. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Pop the **sweet potatoes** onto the same baking tray. Drizzle with **oil** and season with **salt**.



## 4 Red Wine Jus Time

Pour the **water for the jus** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. **TIP:** If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Allow the **sauce** to bubble and thicken, stirring regularly, 6-7 mins. Remove from the heat.



## 2 Get Roasting

Roast the **chicken** and **sweet potatoes** on the middle shelf of your oven for 75-95 mins, depending on size (see product label for cook time). **IMPORTANT:** The chicken is cooked when the juices from the thigh run clear and there is no pink meat.



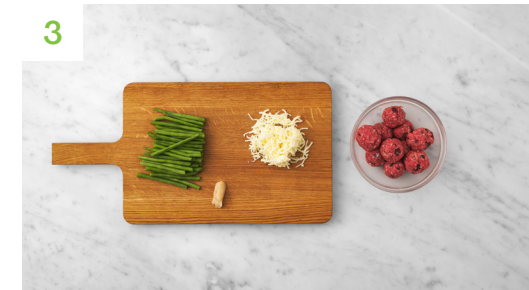
## 5 Bring on the Beans

When the **chicken** has 10 mins remaining, pop the **stuffing balls** onto the top shelf of your oven until browned on the outside and cooked through, 10-12 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins, then remove from the heat.



## 3 Finish the Prep

Meanwhile, roughly chop the **cranberries**.

In a large bowl, combine the **cranberries** and **sausage meat**. Roll into even-sized balls, 5 per person.

Pop your **stuffing balls** onto another baking tray, then set aside. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Trim the **green beans**. Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press).



## 6 Carve and Serve

Once the **chicken** is cooked, transfer it to a board to rest, loosely wrapped in foil, 5 mins. Reheat the **jus**, adding a splash of **water** if it's a little thick.

Cut open the **sweet potatoes** and add some **butter** (if you have any). Sprinkle over the **cheese**.

Carve the **maple roast chicken** and share between your plates. Serve the **sweet potatoes, green beans** and **stuffing** alongside.

Pour the **red wine jus** over the **chicken** to finish.

## Enjoy!