

# Christmas Rosemary Roast Chicken and Gravy

with Cheesy Roast Potatoes, Bacon Sprouts and Honeyed Carrots

33

**Roast** 65-70 Minutes • 3 of your 5 a day



Garlic Clove



Dried Rosemary



Potatoes



Parsnip



Whole Chicken



Carrot



Chicken Stock  
Paste



Brussels Sprouts



Bacon Lardons



Honey



Grated Hard  
Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Plain Flour, Butter

## Before you start

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

## Cooking tools

Saucepan, garlic press, bowl, baking tray, colander, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Dried Rosemary	1 sachet	2 sachets	2 sachets
Potatoes	450g	700g	900g
Parsnip**	2	3	4
Whole Chicken**	1	1	1
Carrot**	2	3	4
Chicken Stock Paste	20g	30g	40g
Brussels Sprouts**	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Honey	15g	30g	30g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Plain Flour*	4 tbsp	6 tbsp	8 tbsp
Butter*	30g	45g	60g
Water for the Gravy*	400ml	600ml	800ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	801g	100g
Energy (kJ/kcal)	4678 /1118	584 /140
Fat (g)	63.5	7.9
Sat. Fat (g)	23.0	2.9
Carbohydrate (g)	78.8	9.8
Sugars (g)	21.5	2.7
Protein (g)	63.0	7.9
Salt (g)	4.09	0.51

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

## Allergens

7) Milk 8) Egg

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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## Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Bring a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** to the boil.

Peel and grate the **garlic** (or use a garlic press).  
Add the **dried rosemary, garlic** and **olive oil** (see pantry for amount) to a small bowl and season with plenty of **salt** and **pepper**.

Peel the **potatoes**, then chop them into 4cm chunks. Chop the **parsnips** into large chunks (no need to peel).

Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

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## Gravy Time

Meanwhile, pop a small saucepan on medium-high heat and add the **butter** (see pantry for amount).

Melt gently, then stir in the remaining **flour**.

Continue to stir until combined, you've made a **roux**!

Cook, stirring, until the **roux** is a medium brown colour, 3-4 mins. Gradually stir in the **water for the gravy** (see pantry for amount), then stir in the **chicken stock paste** and bring to the boil, stirring out any lumps that form.

Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 15-20 mins.

2



## Roast the Chicken

Discard the string holding the **chicken legs** together. Transfer the **chicken** to a baking tray and rub the **rosemary oil** all over the skin. Roast on the middle shelf of your oven for 60/ 75 mins, depending on size. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when the juices from the thigh run clear and there is no pink meat.*

Meanwhile, add the **potatoes** and **parsnips** to the pan of boiling **water** and cook for 7-8 mins or until the edges are soft. Drain them both in a colander and sprinkle on **half the flour** (see pantry for amount). Shake to fluff up the **veg**.

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## Bring on the Bacon Sprouts

When the **chicken** has 10 mins left, trim the **Brussels sprouts** and cut into quarters.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons** and **sprouts**. Stir-fry until golden and tender, 7-8 mins.

Season with **salt** and **pepper**, then remove from the heat. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*

3



## Roast the Veg

Carefully add your **parsnips** and **potatoes** to the hot baking tray, turning in the **oil**. Season with **salt**, then roast on the top shelf until golden, 45-50 mins. Turn halfway through.

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

When the **chicken** has 25-30 mins left, add the **carrots** to the same tray. Toss in the **juices**, then season with **salt** and **pepper** and cook for the remaining time until tender, 25-30 mins.

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## Serve up your Festive Feast

When the **potatoes** and **parsnips** have 5 mins left to roast, remove the tray, sprinkle over the **cheese** and return to the oven for the final 5 mins. Reheat the **gravy** if needed.

When cooked, removed the **chicken** from the tray to a board and carve. Transfer the **carrots** to a serving dish, drizzle over the **honey** and toss to coat. **TIP:** *If your honey has hardened, pop in a bowl of hot water for 1 min.*

Serve your **rosemary chicken** with your **cheesy roasties** and **parsnips, honeyed carrots** and **bacon sprouts**. Pour over the **gravy** to finish.

Enjoy!