



# Lemon & Rosemary Roast Chicken and Hasselback Potatoes with Honeyed Carrots, Asparagus and Red Wine Jus

33

Roast 70-80 Minutes • 2 of your 5 a day



Garlic Clove



Lemon



Dried Rosemary



Whole Chicken



Salad Potatoes



Chantenay Carrots



Asparagus Bundles



Red Wine Jus Paste



Honey

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

Garlic press, fine grater, bowl, baking tray and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Lemon**	½	¾	1
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Whole Chicken**	1	1	1
Salad Potatoes	500g	850g	1000g
Chantenay Carrots**	150g	225g	300g
Asparagus Bundles**	200g	350g	400g
Red Wine Jus Paste <b>10) 14)</b>	22g	37g	44g
Honey	15g	30g	30g

Pantry	2P	3P	4P
Salt*	1 tsp	1½ tsp	1½ tsp
Olive Oil*	2 tbsps	2½ tbsps	3 tbsps
Water for the Jus*	225ml	300ml	450ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3154 / 754	461 / 110
Fat (g)	37.1	5.4
Sat. Fat (g)	9.1	1.3
Carbohydrate (g)	58.3	8.5
Sugars (g)	18.3	2.7
Protein (g)	48.3	7.1
Salt (g)	6.22	0.91

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, 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.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).

Pop the **garlic** into a small bowl with the **dried rosemary, lemon zest, salt, olive oil** (see pantry for both amounts) and plenty of **pepper**.



## Bring on the Veg

When the **chicken** has 35 mins of roasting time left, pop the **potatoes** onto top shelf of your oven to roast until golden and tender, 35-40 mins.

After 10 mins, halve any large **carrots** lengthways, then add them to the **potato** tray and return to the oven.

Meanwhile, trim the bottom 2cm from the **asparagus** and discard.

When 10 mins of roasting time remain, add the **asparagus** to the **veg** baking tray and toss with the **carrots**. Spread out in a single layer. Roast for the remaining time until tender, 10-12 mins.



## Roast the Chicken

Snip the string holding the **chicken** legs together, remove and discard. Transfer to a baking tray.

Rub the **garlic and rosemary oil** all over the **chicken**, then pop **half** the **lemon** into the cavity.

When the oven is hot, roast on the middle shelf for 60/ 75 mins depending on size. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when the juices from the thigh run clear and there is no pink meat.



## Make the Red Wine Jus

Once the **asparagus** is in the oven, 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. Allow the **sauce** to bubble and thicken, stirring regularly, 8-9 mins.



## Hasselback the Potatoes

While the **chicken** roasts, place a few **potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through.

Repeat with the remaining **potatoes**, then put them all onto another 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.



## Finish and Serve

When everything's ready, carve the **chicken** and share between your plates.

Drizzle the **carrots** and **asparagus** with the **honey**, then toss to coat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Serve the **hasselback potatoes** and **honeyed veg** alongside your **roast chicken**, spooning over the **red wine jus** to finish.

## Enjoy!