



Roast Chicken Breast and Gravy with Mini Roasties, Chantenay Carrots and Broccoli

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

7



Echalion Shallot



Potatoes



Chantenay Carrots



Chicken Fillet
Skin-On



Dried Rosemary



Chicken Stock
Paste



Broccoli Florets

Pantry Items

Oil, Salt, Pepper, Plain Flour, Honey

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, kettle, saucepan and colander.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------|----------|----------|-----------|
| Echalion Shallot** | 1 | 1 | 2 |
| Potatoes | 450g | 700g | 900g |
| Chantenay Carrots** | 150g | 225g | 300g |
| Chicken Fillet Skin-On** | 2 | 3 | 4 |
| Dried Rosemary | 1 sachet | 1 sachet | 2 sachets |
| Chicken Stock Paste | 15g | 20g | 30g |
| Broccoli Florets** | 200g | 300g | 400g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|--------|---------|--------|
| Plain Flour* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Boiled Water for the Stock* | 200ml | 300ml | 400ml |
| Honey* | 1 tbsp | 2 tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------------|-----------------|
| Energy (kJ/kcal) | 615g 2237 /535 | 100g 364 /87 |
| Fat (g) | 13.1 | 2.1 |
| Sat. Fat (g) | 3.5 | 0.6 |
| Carbohydrate (g) | 62.9 | 10.2 |
| Sugars (g) | 20.2 | 3.3 |
| Protein (g) | 49.3 | 8.0 |
| Salt (g) | 1.68 | 0.27 |

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

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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Prep the Veg

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

Halve, peel and chop the **shallot** into small pieces. Halve any large **broccoli florets**.

Chop the **potatoes** into 2cm chunks (no need to peel). Add them to one side of a large baking tray and put the **carrots** on the other side. **TIP:** Use two *baking trays if necessary*.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, keeping the veg separate.

When the oven is hot, roast on the top shelf until tender, 25-35 mins, turning halfway.



Simmer Time

Pour the **boiled water for the stock** (see pantry for amount) into a measuring jug and stir in the **chicken stock paste**. Gradually pour the **stock** into the **roux**, stirring out any lumps that form.

Bring to a simmer and keep stirring (or whisking if you have a whisk). Cook until thickened to your liking, 3-5 mins, then remove from the heat.

Taste and season with **salt** and **pepper** if needed.



Cook the Chicken

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

Once hot, lay the **chicken** into 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. Transfer the **chicken** to a baking tray, skin-side up, then sprinkle over the **dried rosemary**.

Roast on the middle shelf of your oven until cooked through, 18-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Bring on the Broccoli

Meanwhile, bring a large saucepan of **water** to the boil with **¼ tsp salt**.

When the **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little **oil** and season with **salt** and **pepper**.



Start your Gravy

Meanwhile, fill and boil your kettle. Put the (now empty) frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and cook until softened, 4-5 mins.

Stir in the **flour** (see pantry for amount) and continue to stir until combined - you've made a **roux**! Cook, stirring, until the **roux** is a medium brown colour, 3-4 mins.



Finish and Serve

When ready to serve, reheat the **gravy** on low heat, adding a splash of **water** if it's a little thick.

Drizzle the **honey** (see pantry for amount) over the **roasted carrots** and turn to coat.

Serve the **roast chicken breast** on your plates with the **mini roasties** and **veg** alongside. Finish with a generous serving of **gravy**.

Enjoy!