



Thyme Roasted Chicken

with Roasties, Red Cabbage and Cheesy Leeks

Roast 90 Minutes • 2 of your 5 a day

№ 26



Whole Chicken



Dried Thyme



Garlic



Potato



Red Cabbage



Leek



Cheddar Cheese



Flour



Apple Juice



Star Anise



Crème Fraîche



Chicken Stock Powder

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Baking Trays, Saucepan, Coarse Grater, Colander, Frying Pan, Ovenproof Dish and Measuring Jug.

Ingredients

	2P	3P	4P
Whole Chicken**	1 small	1 large	1 large
Dried Thyme	1 small sachet	1 large sachet	2 small sachets
Garlic**	4 cloves	6 cloves	8 cloves
Potato**	700g	1.15Kg	1.40kg
Red Cabbage**	1 small	1 large	1 large
Leek**	2	3	4
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Flour 13)	24g	36g	48g
Apple Juice	½ carton	¾ carton	1 carton
Star Anise	½ pot	½ pot	1 pot
Crème Fraîche 7)**	75g	100g	150g
Water for Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	1184g	100g
Energy (kJ/kcal)	4266 /1020	360 /86
Fat (g)	118	10
Sat. Fat (g)	20	2
Carbohydrate (g)	88	7
Sugars (g)	13	1
Protein (g)	60	5
Salt (g)	2.62	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Chicken!

Preheat your oven to 200°C. Remove the string from the **chicken** and transfer to a baking tray and drizzle with **oil**. **IMPORTANT:** *Wash your hands after handling raw meat.* Season with **salt, pepper** and **half the thyme**, roast in the middle of the oven for 60/75 mins depending on size. Add the **garlic cloves** to the tray and roast until soft, 15-20 mins. **IMPORTANT:** *The chicken is cooked when the juices from the thigh run clear.* Meanwhile, pour a good glug of **oil** onto another baking tray and pop into your oven. Bring a large saucepan of **water** to the boil on high heat with ½ tsp of **salt**.



Cook the Veggies

Cook the **cabbage** until it starts to soften, 3-4 mins, stirring frequently then add the **apple juice, star anise**, a pinch of **sugar** and season with **salt** and **pepper**. Reduce the heat and simmer until the **cabbage mixture** is soft, glossy and the **apple juice** has evaporated, 20-25 mins. Remove the **garlic cloves** from the oven and allow to cool. Meanwhile, wash the **potato** pan and return to medium heat with a drizzle of **oil**. When hot, add the **leeks**, season with **salt** and **pepper**, stir well, add a splash of **water**. Cook until softened, 5-6 mins.



Prep Time

Peel and chop the **potatoes** into 3cm chunks. Add them to the **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Meanwhile, halve the **cabbage**, cut and discard the tough core, then finely slice. Trim the root and the dark green leafy part from the **leek**. Slice into rounds 1cm thick. Grate the **Cheddar cheese**.



Gravy Time

Once the **leeks** are softened, stir in the **crème fraîche** and **half the cheese**. Season with **salt** and **pepper**. Transfer to a small ovenproof dish and sprinkle on the remaining **cheese**. Bake in your oven until golden and bubbling, 20 mins. Squeeze the **baked garlic** from their skins. Wash the **leek** pan then reheat over medium-high heat and add a drizzle of **oil** and **garlic**. Allow to melt, then stir in the remaining **flour**. You've made a **roux**! Cook until the **roux** is a medium brown colour. Use your spoon to squish the **garlic** into it.



Roast the Spuds

Once the **potatoes** are ready, drain in a colander. Pop them back into the pan then sprinkle on the remaining **dried thyme** and **half the flour**. Give your pan a shake to fluff them up. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins, turn halfway through. Heat a splash of **oil** in a saucepan over medium heat and add the **cabbage**.



Finish Off

Gradually, stir the **water** (see ingredients for amount) and **chicken stock powder** into the **roux**. Bring to the boil, stirring out any lumps that may form. Lower the heat and simmer until the **gravy** has thickened to your liking, 15-20 mins. Once the **chicken** is cooked, rest it wrapped in foil for 10 mins and reheat anything that has cooled. Once ready, add any **chicken resting juices** to the **gravy**. **TIP:** *Be careful when adding the chicken juices to the gravy, the more you add the thinner the gravy will be.* Remove the **star anise** from the **cabbage**. Share the **veggies** and **spuds** between your plates. Carve your **chicken**. Arrange alongside. Pour over the **gravy** and dig in!

Enjoy!