



Ultimate Festive Roast Chicken Breast and Gravy

with Roast Potatoes, Parsnips and Honeyed Bacon Sprouts

36

Ultimate 45-50 Minutes • 1 of your 5 a day



Potatoes



Parsnip



Garlic Clove



Dried Rosemary



Chicken Breast Skin-On



Brussels Sprouts



Bacon Lardons



Chicken Stock Paste

Pantry Items
Oil, Salt, Pepper, Plain Flour, Butter, 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

Kettle, baking tray, saucepan, colander, bowl, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Parsnip**	1	1½	2
Garlic Clove**	2	3	4
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Chicken Breast Skin-On**	2	3	4
Brussels Sprouts**	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g

Pantry	2P	3P	4P
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Butter*	15g	23g	30g
Water for the Gravy*	200ml	300ml	400ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2779/664	485/116
Fat (g)	25.6	4.5
Sat. Fat (g)	9.3	1.6
Carbohydrate (g)	61.4	10.7
Sugars (g)	13.4	2.3
Protein (g)	53.1	9.3
Salt (g)	2.33	0.41

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

Allergens

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 your Veg

Preheat your oven to 240°C/220°C fan/gas mark 9.
Boil a full kettle.

Peel the **potatoes**. Chop the **potatoes** and **parsnips** (no need to peel) into 3cm chunks.

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

Pour the **boiled water** into a large saucepan on high heat with ½ **tsp** of **salt**. Add the **potatoes** and **parsnips** to the **boiling water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



Bring on the Brussels

Meanwhile, trim the **Brussels sprouts** and halve through the root.

Wipe out the (now empty) **chicken** pan and return to a medium-high heat with a drizzle of **oil**.

Once hot, add the **bacon lardons** and **sprouts**.

Season, then stir-fry until the **bacon** is golden and the **sprouts** are starting to brown, 4-5 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

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



Get Roasting

Once the **potatoes** and **parsnips** are ready, drain in a colander and sprinkle on **half the flour** (see pantry for amount).

Shake to fluff up the **veg**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 30-35 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic**.



It's all Gravy

In the meantime, pop a medium saucepan on medium-high heat. Gently melt the **butter**, then stir in the **flour** (see pantry for both amounts).

Continue to stir until combined - you've made a **roux**! Cook, stirring, until the **roux** is a medium brown colour, 2-3 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, 10-12 mins



Fry the Chicken

In a medium bowl, mix the **garlic** and **dried rosemary** with a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **chicken breasts** and mix to coat.

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

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer to a baking tray, skin-side up, and roast on the middle shelf until cooked, 18-25 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Once cooked, cover with foil and leave to rest.



Serve up your Festive Feast

Just before you're ready to serve, stir the **honey** (see pantry for amount) through the **sprouts** and **bacon**. Cook until sticky, 1-2 mins.

Slice the **chicken** into 2cm thick slices, then serve your **ultimate festive roast chicken breast** with the **honey glazed bacon sprouts**, **roast potatoes** and **parsnips** alongside

Finish by pouring over the **gravy**.

Enjoy!