



Zesty Zahtar Roast Chicken and Red Wine Jus with Herby Roast Potatoes and Vichy Style Veg

Premium 60-70 Minutes • Mild Spice • 1 of your 5 a day

33



Garlic Clove



Lemon



Zahtar Spice



Whole Chicken



Potatoes



Chives



Chantenay Carrot



Red Chilli



Pomegranate Molasses



Red Wine Jus Paste



Unsalted Butter



Sugar Snap Peas

Pantry Items

Oil, Plain Flour, Sugar

Before you start

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

Cooking tools

Bowl, baking tray, saucepan, colander, lid and aluminium foil.

Ingredients

	2P	3P	4P
Garlic Clove**	3	5	6
Lemon**	1	1	1
Oil for the Chicken*	2 tbsp	3 tbsp	4 tbsp
Zahtar Spice	1 pot	1 pot	2 pots
Whole Chicken**	1	1	1
Potatoes**	450g	700g	900g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Chives**	1 bunch	1 bunch	1 bunch
Chantenay Carrot**	150g	225g	300g
Red Chilli**	½	¾	1
Pomegranate Molasses	1 sachet	1½ sachets	2 sachets
Red Wine Jus Paste (10) 14)	22g	37g	44g
Water for the Sauce*	150ml	225ml	300ml
Unsalted Butter** 7)	30g	40g	60g
Water for the Veg*	75ml	100ml	125ml
Sugar for the Veg*	½ tsp	¾ tsp	1 tsp
Sugar Snap Peas**	150g	230g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	691g	100g
Energy (kJ/kcal)	3834 /916	555 /133
Fat (g)	50.9	7.4
Sat. Fat (g)	17.7	2.6
Carbohydrate (g)	66.3	9.6
Sugars (g)	18.5	2.7
Protein (g)	49.5	7.2
Salt (g)	1.55	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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 200°C. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.

In a small bowl, add the **garlic**, **half the lemon zest** and **juice, oil for the chicken** (see ingredients for amount), **zahtar** and plenty of **salt** and **pepper**.

Snip the string holding the **chicken** legs together, remove and discard. Transfer the **chicken** to a baking tray and rub with the **zesty zahtar oil**.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Finish the Prep

Meanwhile, roughly chop the **chives**. Trim the **carrots** and halve any large ones. Halve the **chilli** lengthways (see ingredients for amount), deseed, then finely chop.

In a small saucepan, add the **pomegranate molasses**, **red wine jus paste** and **water for the sauce** (see ingredients for amount).

Pop the pan on medium heat and bring to the boil, stirring continuously. Once boiling, lower the heat and simmer until thickened, 5-6 mins.



Roast the Chicken

Roast the **chicken** on the middle shelf of your oven for 60/ 75 mins depending on size. **IMPORTANT:** The chicken is cooked when the juices from the thigh run clear and there is no pink meat.

Meanwhile, bring a large saucepan of **water** with ½ **tsp salt** to the boil. Peel and chop the **potatoes** into 4cm chunks.

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



Cook and Glaze the Veg

While the **jus** simmers, clean out the (now empty) **potato pan** and pop on medium heat.

Melt in the **butter**, then add the **carrots, water** and **sugar for the veg** (see ingredients for both amounts).

Bring to the boil, then cover with a lid or foil and lower the heat. Simmer for 10-12 mins, then remove the lid and add the **sugar snaps**.

Cook until the liquid has evaporated and the **veg** is glazed, 3-4 mins, stirring occasionally.



Potato Time

Boil the **potatoes** for 7-8 mins or until the edges are soft.

When ready, drain in a colander and sprinkle with **salt** and the **flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Roast on the top shelf until golden, 45-50 mins. Turn halfway through.



Finish and Serve

Once the **potatoes** are cooked, stir through the **chilli** (add less if you don't like heat), **half the chives** and the remaining **lemon zest**. Cut the remaining **lemon** into wedges.

Stir the remaining **chives** into the **glazed veg**, then taste and season with **salt** and **pepper** if needed.

Reheat the **veg** and **jus** if necessary, then carve the **chicken** and share between your plates. Serve with the **glazed veg** and **roast potatoes** alongside. Finish with the **red wine jus**.

Enjoy!