



# Chicken in Creamy Rosemary Sauce with roast potatoes and baby carrots

Family 30 – 35 mins

5



Chicken Breast



Baby Potatoes



Rosemary



Baby Carrots



Hello Muscat



Mustard



Creme Fraiche

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Baby Potatoes	500 g	1000 g
Rosemary	1 unit	2 units
Baby Carrots	150 g	300 g
Hello Muscat	1 sachet	2 sachets
Mustard	½ sachet	1 sachet
Creme Fraiche	110 g	220 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	548.8 g	100 g
Energy (kJ/kcal)	2354 kJ/ 563 kcal	429 kJ/ 103 kcal
Fat (g)	19.5 g	3.6 g
Sat. Fat (g)	9.7 g	1.8 g
Carbohydrate (g)	51.7 g	9.4 g
Sugars (g)	7 g	1.3 g
Protein (g)	41.7 g	7.6 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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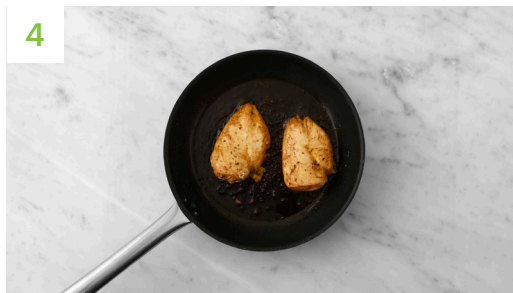


You can recycle me!



### Cook the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Cut the **potatoes** into 2cm chunks.
- Pick the **rosemary** leaves and roughly chop.
- Add the **potatoes** to a lined baking tray and toss with **half the rosemary, salt, pepper** and a drizzle of **oil**.
- Once the oven is hot roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.



### Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **chicken** and cook until golden brown and crispy, 3-6 mins on each side (cook in batches if your pan is getting crowded).
- Once cooked, remove from the pan and cover to keep warm. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



### Roast the Carrots

- Trim the **carrots** and halve lengthways (no need to peel).
- Add to a lined baking tray and toss with **salt, pepper** and a drizzle of **oil**.
- Roast on the middle shelf of the oven until crispy around the edges, 20-25 mins.



### Make the Sauce

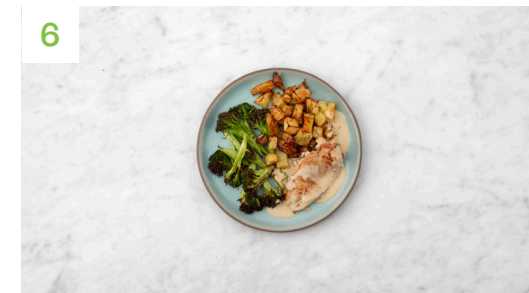
- Return the pan to medium-low heat and add the **creme fraiche**.
- Season with **pepper** then stir in the **muscat, half the mustard** (double for 4p), and remaining **rosemary**.
- Cook, stirring, until everything is combined and the sauce is nice and smooth, 3-5 mins.
- Once ready, add the **chicken** back into the pan to coat in the sauce and warm through, 1-2 mins.



### Prep the Chicken

- Meanwhile, place a hand flat on top of the **chicken breast** and slice through horizontally to make two thin **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Repeat with the other **breast(s)**.
- Season the **chicken** with **salt** and **pepper**.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing used to keep it fresh.



### Finish and Serve

- Divide the **carrots** and **potatoes** between plates.
- Plate the **chicken** alongside.
- Finish with a drizzle of the creamy **mustard rosemary** sauce.

Enjoy!