



# Herby Roast Chicken

with tender carrots and cranberry glaze

Calorie Smart 35 – 40 mins

16



Chicken Breast



Baby Potatoes



Dried Thyme



Cranberry Chutney



Carrot



Shallot



Red Wine Jus

Pantry Items: Salt, Oil, Pepper, Butter, 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
Dried Thyme	1 sachet	2 sachets
Cranberry Chutney	1 sachet	2 sachets
Carrot	1 unit	2 units
Shallot	1 unit	2 units
Red Wine Jus	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	565.5 g	100 g
Energy (kJ/kcal)	1864 kJ/ 446 kcal	330 kJ/ 79 kcal
Fat (g)	6.3 g	1.1 g
Sat. Fat (g)	1.5 g	0.3 g
Carbohydrate (g)	59.4 g	10.5 g
Sugars (g)	12.4 g	2.2 g
Protein (g)	40.6 g	7.2 g
Salt (g)	1 g	0.1 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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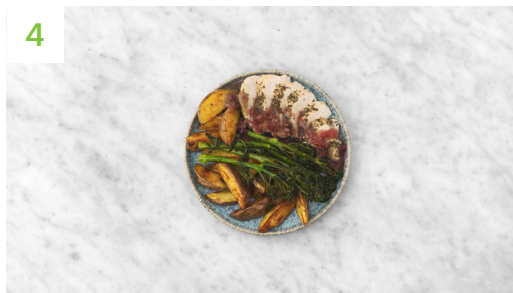
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### Cook the Wedges

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wedges. Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop the wedges onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary.



### Finish and Serve

- Once everything is ready, remove the **carrot**, **chicken** and wedges from the oven.
- Transfer the **chicken** to a board and thinly slice.
- Divide the roast **potatoes** and **carrot** between plates.
- Serve the sliced **chicken** alongside.
- Drizzle the sauce over the **chicken**.

### Enjoy!



### Roast the Chicken

- Toss **chicken** with **thyme, salt, pepper** and a drizzle of **oil**.
- Lay onto another lined baking tray.
- Roast until cooked through, 25-30 mins.
- **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.
- When the **chicken** has cooked for 8 mins, add the **carrot** to the tray. Drizzle with **oil**. Season with **salt** and **pepper**. Return to the oven for 18-20 mins.

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



### Make the Sauce

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Place a pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **shallot** until sweet and softened, 5-6 mins.
- Stir through the **cranberry chutney, red wine jus** and a knob of **butter**.

**TIP:** Loosen the sauce with a splash of water if you feel it's too thick.