



Roast Chicken in Red Wine Mushroom Sauce

with garlic mash and carrots

Calorie Smart 40 – 45 mins

16



Chicken Breast



Carrot



Garlic



Potatoes



Mushrooms



Red Wine Jus

Pantry Items: Salt, Pepper, Water, Oil, Butter, Milk (Optional), Sugar



Rate your recipe!

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

Aluminium foil, baking sheet with baking paper, colander, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Carrot	2 units	4 units
Garlic	2 units	4 units
Potatoes	600 g	1200 g
Mushrooms	150 g	250 g
Red Wine Jus	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	762 g	100 g
Energy (kJ/kcal)	2305.4 kJ/ 551 kcal	302.5 kJ/ 72.3 kcal
Fat (g)	7.9 g	1 g
Sat. Fat (g)	2.5 g	0.3 g
Carbohydrate (g)	80.9 g	10.6 g
Sugars (g)	18.4 g	2.4 g
Protein (g)	48.7 g	6.4 g
Salt (g)	1.7 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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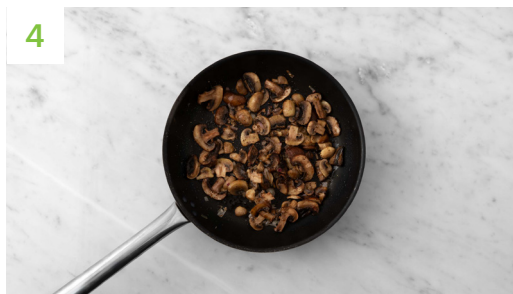


You can recycle me!



Make the Mash

- Preheat oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Simmer the Sauce

- Roughly chop the **mushrooms**.
- Place a large pan over high heat with a drizzle of **oil**.
- When hot, add the **mushrooms** and season with **salt** and **pepper**. Fry until browned, stirring occasionally, 5-6 mins.
- Add the **red wine jus** and a knob of **butter**. Simmer until the sauce has thickened slightly, 4-5 mins.
- Add a splash of **water** to loosen the sauce if required. Season to taste with **salt** and **pepper**. Remove the pan from the heat and cover to keep warm.



Cook the Chicken

- Lay the **chicken** on a lined baking tray.
- Drizzle with **oil**. Season with **salt** and **pepper**.
- Roast on the top shelf of the oven 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.

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



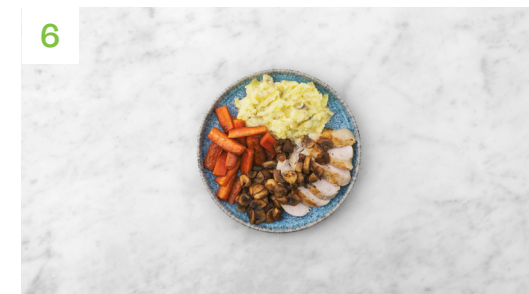
Finishing Touches

- Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- Stir the roasted **garlic** into the creamy mashed **potato**.
- Slice the roasted **chicken** widthways.



Roast the Carrot

- Trim the **carrot** and halve lengthways (unpeeled). Chop into 1cm wide, 5cm long batons.
- Place on a lined baking tray. Toss with **salt**, **pepper**, 1 tsp **sugar** (double for 4p) and a drizzle of **oil**. Spread out in a single layer.
- Roast on the middle shelf until tender, 20-25 mins. Turn halfway through.
- Enclose the **garlic** in a small piece of foil with a drizzle of **oil**.
- Roast the **garlic** parcel next to the **carrots** for 10 mins then remove from the oven.



Divide and Serve

- Divide the **chicken** between plates.
- Serve the **garlic** mash and roast **carrots** alongside.
- To finish, spoon the **mushroom** sauce over the **chicken** (reheating first if necessary).

Enjoy!