



Herby Roast Chicken

with tender broccoli and cranberry glaze

35 – 40 mins

20



Chicken Breast



Potatoes



Dried Thyme



Cranberry Chutney



Broccoli



Shallot



Red Wine Jus

Pantry Items: Salt, Oil, Pepper, Butter, Water



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2024-W49

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 |
| Potatoes | 600 g | 1200 g |
| Dried Thyme | 1 sachet | 2 sachets |
| Cranberry Chutney | 1 sachet | 2 sachets |
| Broccoli | 1 unit | 1 unit |
| Shallot | 1 unit | 2 units |
| Red Wine Jus | 1 sachet | 2 sachets |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|------------------------|
| for uncooked ingredients | 660.5 g | 100 g |
| Energy (kJ/kcal) | 2058.5 kJ/ 492 kcal | 311.7 kJ/ 74.5 kcal |
| Fat (g) | 5.7 g | 0.9 g |
| Sat. Fat (g) | 1.4 g | 0.2 g |
| Carbohydrate (g) | 68.7 g | 10.4 g |
| Sugars (g) | 11.1 g | 1.7 g |
| Protein (g) | 50 g | 7.6 g |
| Salt (g) | 1.1 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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Cook the Wedges

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wedges (peeling optional).
- 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.



Cook the Broccoli

- When the **chicken** has been cooking for 15 mins, place the **broccoli** on the same baking tray.
- Return the tray to the oven and cook until the **broccoli** is tender, 10-12 mins.



Roast the Chicken

- Toss the **chicken breasts** with **thyme, salt, pepper** and a drizzle of **oil**.
- Lay the **chicken** onto a (separate) lined baking tray.
- Roast in the oven until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. 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 we use to keep it fresh.



Make the Sauce

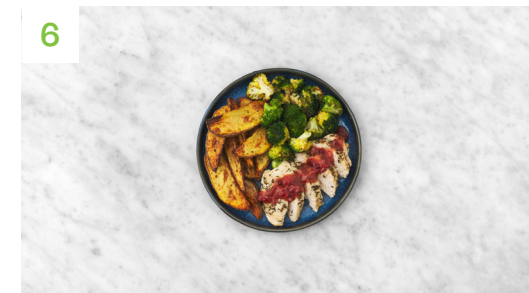
- Meanwhile, place a pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **shallot** until sweet and softened, 5-6 mins.
- Stir through the **cranberry chutney, red wine jus** and a knob of **butter**.

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



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.



Finish and Serve

- Divide the roast **potatoes** and **broccoli** between plates.
- Serve the sliced **chicken** alongside.
- Drizzle the sauce over the **chicken**.

Enjoy!