



Roast Chicken in Red Wine Mushroom Sauce

with garlic mash and carrots

40 – 45 mins

20



Irish Chicken Breast



Carrot



Garlic



Potatoes



Mushrooms



Red Wine Jus



Diced Chicken Breast

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



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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

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

Ingredients

	2P	4P
Irish 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
Diced Chicken Breast	640 g	1280 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	303 kJ / 72 kcal	333 KJ / 80 kcal
Fat (g)	0.9 g	1.1 g
Sat. Fat (g)	0.3 g	0.4 g
Carbohydrate (g)	10.6 g	8.8 g
Sugars (g)	2.4 g	2 g
Protein (g)	6.4 g	9.4 g
Salt (g)	0.2 g	0.2 g

See site or app for detailed nutritional info.

Allergens

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

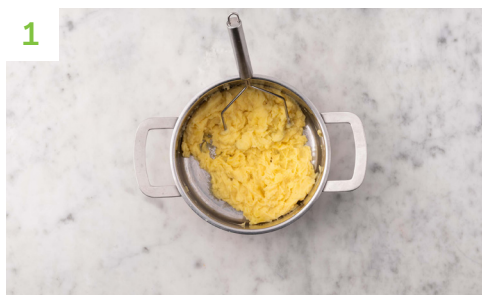
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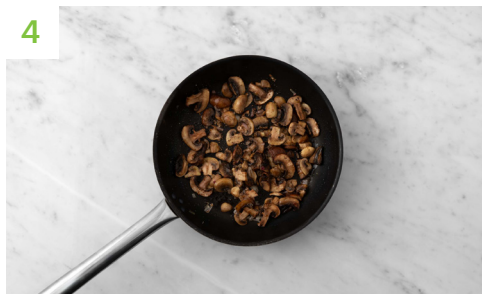


You can recycle me!



1 Make the Mash

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



4 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.



2 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.



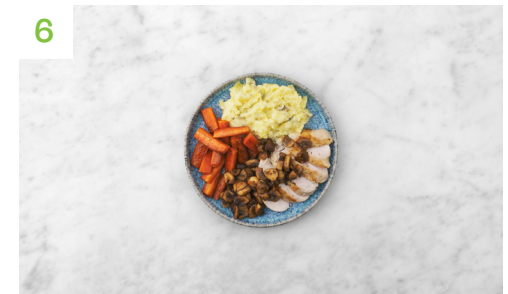
5 Finishing Touches

- 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.



3 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** (per 2P) and a drizzle of **oil**. Spread out in a single layer.
- Roast on the middle shelf until tender, 20-25 mins. Turn the tray 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.



6 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 !