



ROASTED CHICKEN & GRAVY SUPPER

with Carrots, Garlic-Herb Mashed Potatoes & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 2
Onion



3 Clove(s) | 6 Clove(s)
Garlic



2 TBSP | 4 TBSP
Fry Seasoning



1 | 2
Half Chicken



12 oz | 24 oz
Potatoes*



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



1 TBSP | 2 TBSP
Flour
Contains: Wheat



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



6 oz | 12 oz
Green Beans



½ oz | 1 oz
Vidalia Onion Paste



2 | 4
Chicken Stock
Concentrates



ANY ISSUES WITH YOUR ORDER?
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*The ingredient you received may be a different color.

HELLO

GARLIC HERB BUTTER

Aromatic and herbaceous, this butter delivers luxuriously savory flavor.



PREP: 15 MIN | COOK: 60 MIN | CALORIES: 1490



HELLO FRESH

BUST OUT

- Peeler
 - Small bowl
 - Baking sheet
 - Paper towels
 - Medium pot
 - Strainer
 - Potato masher
 - Medium pan
 - Whisk
 - Medium bowl
 - Plastic wrap
 - Kosher Salt
 - Black Pepper
 - Cooking Oil
 - Butter
- Contains: Milk*

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into 1-inch-thick pieces. Halve, peel, and cut **onion** into 1-inch pieces. Peel and halve **garlic**. Trim **green beans** if necessary.



2 SEASON VEGGIES & CHICKEN

- Place **4 TBSP butter** (8 TBSP for 4 servings) in a small microwave-safe bowl; microwave until melted, 30-60 seconds. Stir in **Fry Seasoning** and season with a **pinch of salt**.
- Toss **carrots, onion, and garlic** on a baking sheet with a **drizzle of oil, salt, and pepper**. Arrange veggies in middle of sheet in a single layer (for 4, arrange veggies across sheet).
- Pat **chicken*** dry with paper towels and season all over with **salt and pepper**. **TIP: See a feather? Simply grip the end using a paper towel and pull!**
- Place chicken, skin side up, on top of veggies. Pour **seasoned butter** on chicken and rub all over to evenly coat. **TIP: Don't forget to season the underside of the chicken!**



3 ROAST CHICKEN & VEGGIES

- Roast **chicken and veggies** until chicken is browned and cooked through and carrots are tender, 40-50 minutes. **TIP: If skin begins to brown too quickly, loosely cover top of chicken with foil. To ensure chicken is cooked through, insert a thermometer into the innermost part of the thigh and breast (avoiding any bones). Once chicken is cooked, the bones may still appear pink—this is OK!**



4 MAKE MASHED POTATOES

- While chicken and veggies roast, dice **potatoes** into ½-inch pieces. Place potatoes in a medium pot (**large pot for 4 servings**) with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **1 cup potato cooking liquid** (2 cups for 4), then drain and return potatoes to pot. Add **garlic herb butter** and ¼ cup reserved potato cooking liquid (½ cup for 4). Mash with a potato masher or fork, adding additional splashes of reserved potato cooking liquid if needed, until smooth. Season with **salt and pepper**. Keep covered off heat until ready to serve.



5 MAKE GRAVY

- While potatoes cook, melt **1 TBSP butter** (2 TBSP for 4 servings) in a medium pan over medium heat.
- Sprinkle **flour** over melted butter and cook, stirring constantly, until lightly browned, 1-2 minutes.
- Slowly whisk in **remaining reserved potato liquid**. Add **onion paste** and **stock concentrates**. Cook, whisking constantly, until gravy has thickened, 3-5 minutes.
- Remove from heat. Stir in **sour cream**. Taste and season with **salt and pepper** if desired. Keep covered off heat until ready to serve.



6 COOK GREEN BEANS

- When chicken and veggies are done roasting, place **green beans** in a medium microwave-safe bowl; cover with plastic wrap and poke a few holes in wrap. Microwave until tender, 3-4 minutes, tossing halfway through.
- Carefully uncover (**watch out for steam!**); season with **salt and pepper**. **TIP: When ready to serve, mashed potatoes and gravy can be reheated in the microwave if necessary.**



7 SERVE

- Transfer **roasted chicken and veggies** to a serving platter. Serve family style with **garlic-herb mashed potatoes, green beans, and gravy** on the side. **TIP: Carve the chicken using your sharpest knife (use a carving knife if you have one!). First, cut the skin near the thigh to expose the joint. Cut through the joint, removing the leg from the carcass. Cut the joint between the thigh and drumstick, separating the two. (Use the heel of your blade—near the handle—for the most force and stability.) Cut off the wing. Then, starting at the neck end, cut along the breastbone. Angle your knife and cut against the rib cage to remove the breast. Slice breast meat crosswise. If desired, remove the thigh bone and slice the meat.**

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*Poultry is fully cooked when internal temperature reaches 165°.