

Oregano Roasted Chicken and Gravy

with Roast Potatoes, Serrano Ham and Garlicky Cabbage

Roast • 30 Minutes • 1 of your 5 a day



Whole Chicken



Dried Oregano



Potato



Plain Flour



Garlic Clove



Serrano Ham



Chicken Stock Powder



Sweetheart Cabbage



Asparagus

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Roasting Tray, Baking Tray, Colander, Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Oregano	1 sachet	1 sachet	2 sachets
Potato**	700g	1150g	1400g
Plain Flour (13)	24g	36g	48g
Garlic Clove**	1	2	2
Serrano Ham**	2 slices	3 slices	4 slices
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Sweetheart Cabbage**	½	1	1
Asparagus**	150g	200g	300g
Olive Oil	1 tbsp	1½ tbsp	2 tbsp
Water for Gravy*	400ml	600ml	800ml

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
	682g	100g
Energy (kJ/kcal)	2469 /590	362 /87
Fat (g)	16	2
Sat. Fat (g)	4	1
Carbohydrate (g)	79	12
Sugars (g)	9	1
Protein (g)	33	5
Salt (g)	2.72	0.40

Nutrition for uncooked ingredients based on 2 person recipe.
The above nutrition is based on 200g of chicken per person.

Allergens

13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Started

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Preheat your oven to 200°C. Pour a large glug of **oil** into a roasting tray. Pop it onto the top shelf of your oven to warm up. Put a small drizzle of **oil** in the bottom of a baking tray. Snip the string holding the **chicken legs** together, remove and discard, pop the **chicken** on the tray, drizzle over a little **oil**. **IMPORTANT:** Wash your hands after handling raw chicken. Sprinkle over the **oregano** and season with **salt** and **pepper**. Roast on the middle shelf of your oven for **60/75 mins** depending on size. Baste halfway through cooking, spooning the tasty roasting juices over the chicken. **IMPORTANT:** The chicken is cooked when the juices from the thigh run clear.



Prep the Potatoes

Meanwhile, peel the **potatoes** and chop into 4cm chunks. Add them to the boiling **water** and cook until the edges have softened when you poke them with a knife, 7-8 mins - this is called par-boiling. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**. **TIP:** This will help your roasties to crisp up.



Make the Gravy

Meanwhile, put a medium-sized saucepan on medium-high heat and add the **oil** (see ingredients for amount). Stir in the remaining **flour**. Continue to stir until combined, you've made a roux! Cook, stirring until the **roux** is a medium brown colour, 3-4 mins. Remove from the heat then gradually add the **water** (see ingredients list for amount) and **chicken stock powder** stirring continuously until incorporated. Return the pan to a medium-high heat and bring to the boil, stirring briskly to remove any lumps. Lower the heat and simmer, stirring occasionally, until the gravy has thickened to your liking, 15-20 mins, then remove from the heat.



Rest the Chicken

Once the **chicken** is cooked, cover it loosely with foil and leave to rest for 10-15 mins. Meanwhile, bring your large saucepan of **water** to the boil on medium-high heat. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the Serrano ham and fry until lightly crispy, 2-3 mins. Stir every minute. Add the **garlic** and fry for 1 minute, then add the **cabbage** and stir-fry until softened, 4-5 mins. Remove from the heat.

Finish and Serve

About 6 or 7 mins before your **chicken** is fully rested, add the **asparagus** to the boiling **water** until tender, 3-4 mins, remove from heat and drain in a colander. A couple of minutes before everything is ready, heat through your **cabbage** if needed. Add some of the tasty **chicken resting juices** to your gravy to suit the thickness you prefer, stir and heat through. Once everything is ready, carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Pour over the **gravy**.

Enjoy!