



# Roast Chicken Breast

with Red Wine Mushroom Sauce, Roasted Broccoli and Garlic Mash

Classic 40-45 Minutes • 1 of your 5 a day

1



Chicken Breast Skin-On



Broccoli



Garlic Clove



Potatoes



Echalion Shallot



Sliced Mushrooms



Red Wine Jus Paste



Bacon Lardons

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, frying pan, baking tray, aluminium foil and colander.

## Ingredients

	2P	3P	4P
Chicken Breast Skin-On**	2	3	4
Broccoli Florets**	200g	200g	400g
Garlic Clove**	2	3	4
Potatoes**	450g	700g	900g
Echalion Shallot**	1	1	2
Sliced Mushrooms**	80g	120g	160g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste (10) (14)	15g	22g	30g
Bacon Lardons**	90g	120g	180g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	564g	100g
Energy (kJ/kcal)	1869/447	331/79
Fat (g)	7.9	1.4
Sat. Fat (g)	2.1	0.4
Carbohydrate (g)	46.1	8.2
Sugars (g)	5.4	1.0
Protein (g)	48.6	8.6
Salt (g)	0.88	0.16
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	2356/563	387/92
Fat (g)	17.1	2.8
Sat. Fat (g)	5.0	0.8
Carbohydrate (g)	47.0	7.7
Sugars (g)	5.5	0.9
Protein (g)	56.3	9.2
Salt (g)	2.11	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Fry the Chicken

Preheat your oven to 200°C. Pop a large saucepan of **water** on to boil on high heat.

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay the **chicken** in the pan, skin-side down. Season with **salt** and **pepper**.

Fry until the **skin** is golden, 5-6 mins, then turn and cook for 1 min on the other side. **TIP:** To ensure *crispy skin*, don't move the chicken. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Add to the pan of boiling **water** with  $\frac{1}{2}$  tsp salt. Simmer until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and pop them back into the pan. Cover with a lid to keep warm.

Meanwhile, halve, peel and thinly slice the **shallot**.



## Prep the Broccoli

While the **chicken** cooks, halve any large **broccoli florets**.

Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add to the **broccoli** baking tray.



## Make the Sauce

Put the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms**, **shallot** and a pinch of **salt** and **pepper**. Stir-fry until golden and softened, 4-5 mins.

Stir in the **water for the sauce** (see ingredients for amount) and **red wine jus paste**. Bring to the boil, then lower the heat and simmer until the **sauce** has reduced by half, 4-5 mins. Remove from the heat.

### CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add to the pan when you add the **mushrooms** and **shallot**. Then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



## Get Roasting

Transfer the **chicken** to a baking tray (skin-side up). When the oven is hot, roast the **chicken** on the top shelf until cooked through, 18-25 mins.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Halfway through, put the **broccoli** tray on the middle shelf to roast until the edges of the **broccoli** are crispy and slightly charred and the **garlic** is soft, 10-15 mins.



## Finish and Serve

When the **chicken** is cooked, transfer to a board to rest for a couple of mins.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add the **garlic** to the **potatoes** along with a knob of **butter** and a splash of **milk** (if you have some). Mash until smooth, then season to taste with **salt** and **pepper**.

Slice the **chicken** widthways, then serve on your plates with the **mash** and **broccoli** alongside, spooning over the **sauce**.

## Enjoy!