



# Roasted Chicken and Gravy

with Pear and Chorizo Red Cabbage, Stuffing and Roast Potatoes

Roast 90 Minutes • 2 of your 5 a day

26



Whole Chicken



Potato



Plain Flour



Red Onion



Red Cabbage



Garlic Clove



Pear



Chorizo



Balsamic Vinegar



Paxo Stuffing Mix



Butter



Chicken Stock Powder

## Before you start

### Cooking tools, you will need:

Saucepan, Two Baking Trays, Peeler, Colander, Fine Grater (or Garlic Press), Frying Pan, Coarse Grater and Measuring Jug.

### Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Potato**	700g	1.15kg	1.40kg
Plain Flour <b>13</b>	24g	36g	48g
Red Onion**	1	1	2
Red Cabbage**	1 small	1 small	1 large
Garlic Clove**	1 clove	2 cloves	2 cloves
Pear**	1	2	2
Chorizo**	60g	90g	120g
Balsamic Vinegar <b>14</b>	1 sachet	2 sachets	2 sachets
Paxo Stuffing Mix <b>13</b>	85g	85g	170g
Butter <b>7</b> **	30g	45g	60g
Boiling Water for the Stuffing*	215ml	215ml	430ml
Water for the Cabbage*	75ml	100ml	150ml
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	907g	100g
Energy (kJ/kcal)	4569/1092	504/120
Fat (g)	120	13
Sat. Fat (g)	20	2
Carbohydrate (g)	98	11
Sugars (g)	17	2
Protein (g)	59	7
Salt (g)	4.14	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten 14) Sulphites

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, Soy, 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 jug of **oil** into a roasting tray. Pop it onto the top shelf of your oven to warm up. Pour a little **oil** into the bottom of another baking tray. Snip the string holding the **chicken legs** together, remove and discard. Pop the **chicken** on the tray and drizzle over a little **oil**. Season with **salt** and **pepper**. Roast on the middle shelf of your oven for **2P & 3P: 60 mins // 4P: 75 mins. IMPORTANT: The chicken is cooked when the juices from the thigh run clear. IMPORTANT: Remember to wash your hands after handling raw meat.**



### Make the Stuffing

Fill and boil your kettle. While the **cabbage** cooks, pop the **stuffing mixture** into a bowl with **half the butter** and pour in the boiling **water** (see ingredients for amount). Stir, then leave to stand for 5 mins. Lightly **oil** a baking tray and shape into **3 balls** per person. **TIP: You can use an ice cream scoop for this!** Pop onto the baking tray and bake for 20-25 mins, turning halfway through.



### Roast the Potatoes

Meanwhile, peel the **potatoes** and chop into 4cm chunks. Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. 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 them up. Take your hot baking tray out of your oven, carefully transfer your **potatoes** into it in a single layer, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway. When they're ready, turn off the oven and place on the bottom shelf to keep warm until everything is ready.



### Gravy Time

Meanwhile, put a saucepan on medium-high heat and add the remaining **butter**. Melt it gently, then 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. Gradually stir in the **water** (see ingredients for amount) and **chicken stock powder**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 15-20 mins.



### Cabbage Time!

Halve, peel and thinly slice the **onion**. Quarter the **red cabbage**, remove (and discard) the white core, thinly slice. Peel and grate the **garlic** (or use a garlic press). Coarsely grate the **pear** (discard the core). Heat a drizzle of **oil** in a large frying pan on medium high heat, once hot add the **chorizo** and **onion**. Stir and cook until the **chorizo** is crispy and the **onion** is really nice and soft, 4-6 mins. Add in the **garlic**, and cook for a minute, then stir in the **balsamic vinegar** and cook for 1 minute, then add the **pear** and **red cabbage**. Season with **salt** and **pepper**. Stir everything together, then pour in the **water** (see ingredient list for amount), bring to a simmer, cover with a lid or some foil, reduce the heat to medium low and cook until the **cabbage** is softened, 25-30 mins. Stir a couple of times to ensure it's not sticking to the pan.



### Finish And Serve

When the **chicken** has cooked, cover it loosely with foil and leave to rest for 15-20 mins. Once the **red cabbage** is tender, remove the lid and simmer until the **liquid** has evaporated, 4-5 mins. Cover with a lid and set aside. A couple of minutes before everything is ready, reheat your **gravy**. Add any **chicken resting juices** or **water** to the **gravy** to get it to your desired consistency and bring to the boil. Reheat your **red cabbage** if you need to. Once everything is ready, carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Pour over the **gravy** and dig in! **Enjoy!**