



# Thyme Roasted Whole Chicken

with Pancetta Roasties, Red Cabbage and Cheesy Leeks

Nº 20

**ROAST** Hands on Time: 45 Minutes • Total Time: 90 Minutes • 2 of your 5 a day



Whole Chicken



Garlic



Dried Thyme



Potato



Red Cabbage



Apple



Leek



Cheddar Cheese



Flour



Pancetta Lardons



Apple Juice



Star Anise



Redcurrant Jelly



Butter



Crème Fraîche



Hard Italian Style Grated Cheese



Chicken Stock Powder

## Before you start

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

### Basic cooking tools you will need:

Two Baking Trays, Two Large Saucepan, Coarse Grater, Colander, Ovenproof Dish and Measuring Jug.

### Ingredients

	2P	3P	4P
Whole Chicken**	1	1	1
Dried Thyme	1 pot	1 pot	1 pot
Garlic**	4	6	8
Potato**	900g	1.15kg	1.4kg
Red Cabbage**	1 small	1 large	1 large
Apple**	1	1	2
Leek**	2	3	4
Cheddar Cheese 7)**	1 block	1½ blocks	2 blocks
Flour 13)	24g	36g	48g
Pancetta Lardons**	1 small pack	1 medium pack	1 large pack
Apple Juice**	½ carton	¾ carton	1 carton
Star Anise	½	½	1
Redcurrant Jelly	1 pot	1 pot	2 pots
Butter 7)**	30g	45g	60g
Creme Fraiche 7)**	75g	100g	150g
Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	1424g	100g
Energy (kJ/kcal)	5678/1357	399/95
Fat (g)	137	10
Sat. Fat (g)	30	2
Carbohydrate (g)	120	8
Sugars (g)	29	2
Protein (g)	70	5
Salt (g)	3.52	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Roast the Chook!

Preheat your oven to 200°C. Remove the string from the **chicken** and transfer to a baking tray and drizzle with **oil**. **IMPORTANT:** *Wash your hands after handling raw meat.* Season with **salt**, **pepper** and **half** the **thyme**, roast in the middle of the oven for **2P: 60 mins 3P & 4P: 75 mins** depending on size. Add the **garlic** cloves to the tray and roast until soft, 15-20 mins. **IMPORTANT:** *The chicken is cooked when the juices from the thigh run clear and the meat is no longer pink.* Meanwhile, pour a good glug of **oil** onto another baking tray and pop into your oven. Bring a large saucepan of **water** to the boil on high heat with a pinch of **salt**.



## 4. Cook the Veggies

Cook the **cabbage mixture** until it starts to soften, 3-4 mins, stirring frequently then add the **apple juice**, **star anise**, **redcurrant jelly** and a pinch of **salt**. Reduce the heat and simmer until the **cabbage mixture** is soft, glossy and the **apple juice** has evaporated, 20-25 mins. Remove the **garlic cloves** from the oven and allow to cool. Meanwhile, wash the potato pan and return to a medium heat with **half** the **butter**. Add the **leeks**, stir well, add a splash of **water** and cook until softened, 5-6 mins.



## 2. Prep Time

Peel and chop the **potatoes** into 3cm chunks. Add the **potatoes** to the **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Meanwhile, halve the **cabbage**, cut out and discard the tough core, then finely slice. Coarsely grate the **apple**. Trim the root and the dark green leafy part from the **leek**. Slice into rounds 1cm thick. Grate the **cheddar cheese**.



## 5. Gravy Time

Once the **leeks** are softened, stir in the **creme fraiche** and season with **salt** and **pepper**. Transfer to a small ovenproof dish and sprinkle on the **cheeses**. Bake until golden and bubbly, 20 mins. Squeeze the baked **garlic** from their skins. Wash the leek pan then reheat over medium-high heat and add the remaining **butter** and **garlic**. Allow to melt, then stir in the **remaining flour**. You've made a roux! Cook until the **roux** is a medium brown colour. Use your spoon to squish the **garlic** into the **roux**. **TIP:** *Don't forget to add the pancetta to the potatoes.*



## 3. Roast the Spuds

Once the spuds are ready, drain in a colander. Pop back into the pan then sprinkle on **half** and remaining **flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Sprinkle over a pinch of **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turn halfway through. Add the **pancetta lardons** to the tray when they have 15 mins left. Heat a splash of **oil** in a saucepan over medium heat and add the **cabbage** and **apple**.



## 6. Finish Off

Gradually, stir in the **water** (see ingredients for amount) and **chicken stock powder** into the roux. Bring to the boil, stirring out any lumps that may form. Lower the heat and simmer until the **gravy** has thickened to your liking, 15-20 mins. Add any **resting juices** to the **gravy**. **TIP:** *Be careful when adding the chicken juices to the gravy, the more you add the thinner the gravy will be.* Once the **chicken** is cooked, rest it wrapped in foil for 10 mins and reheat anything that has cooled. **TIP:** *Remove the star anise from the cabbage.* Share the **veggies** and **spuds** between your plates (don't leave the **crispy pancetta** behind!). Carve your **chicken**. Arrange alongside. Pour over the **gravy**.

Dig in!