



# Thyme Roasted Chicken and Gravy

with Roast Potatoes, Creamed Greens and Mashed Swede

N° 20

SPRING SPECIAL

Hands on Time: 60 Minutes • Total Time: 90 Minutes • 2.5 of your 5 a day



Whole Chicken



Dried Thyme



Potato



Plain Flour



Swede



Garlic Clove



Hazelnuts



Butter



Cavolo Nero



Baby Spinach



Grated Hard Italian Style Cheese



Crème Fraîche



Chicken Stock Powder

## Before you start

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

### Basic cooking tools you will need:

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

### Ingredients

|  | 2P          | 3P          | 4P          |
|--|-------------|-------------|-------------|
| Whole Chicken**  | 1           | 1           | 1           |
| Dried Thyme  | 1 small pot | 1 large pot | 1 large pot |
| Potato**   | 900g        | 1.15kg      | 1.4kg       |
| Plain Flour <b>13</b> )                                  | 24g         | 32g         | 48g         |
| Swede**  | 1           | 1½          | 2           |
| Garlic Clove**   | 1 clove     | 2 cloves    | 2 cloves    |
| Hazelnuts <b>2</b> )                                     | 1 small pot | 1 large pot | 1 large pot |
| Butter <b>7</b> )**                                      | 30g         | 45g         | 60g         |
| Cavolo Nero**  | 1 pack      | 2 packs     | 2 packs     |
| Baby Spinach**   | 1 small bag | 1 small bag | 1 large bag |
| Grated Hard Italian Style Cheese <b>7</b> ) <b>8</b> )** | 1 bag       | 1½ bags     | 2 bags      |
| Crème Fraîche <b>7</b> )**                               | 150g        | 225g        | 300g        |
| Water for 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 | 1614g       | 100g     |
| Energy (kJ/kcal)         | 9067 /2167  | 562 /134 |
| Fat (g)                  | 139         | 9        |
| Sat. Fat (g)             | 47          | 3        |
| Carbohydrate (g)         | 103         | 6        |
| Sugars (g)               | 12          | 1        |
| Protein (g)              | 142         | 9        |
| Salt (g)                 | 3.39        | 0.21     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**2)** Nut **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

You can recycle me!



Packed in the UK



## 1. 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 another roasting tin. Snip the string holding the **chicken legs** together, remove and discard. Pop the **chicken** in the tin and drizzle with **oil**. Sprinkle over **half the dried thyme**, season with **salt** and **pepper**. Roast on the middle shelf of your oven for **2P & 3P: 60 mins** **4P: 75 mins** depending on size. **IMPORTANT: The chicken is cooked when the juices from the thigh run clear.** Once the **chicken** is cooked, rest it wrapped in foil for 15-20 mins.



## 4. Gravy and Greens

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **cavolo nero** and fry until softened, 4-5 mins. Then add the **garlic**, a handful of **spinach** and a splash of **water**. Stir until wilted, keep adding handfuls of spinach until it's all wilted. Add a pinch of **salt** and **pepper** and cook until the **water** has evaporated, then stir in the **hard Italian style cheese** and **half the creme fraiche**. Gently bring to the boil, then remove from the heat and leave to the side (we will reheat later).

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



## 2. Roast the Potatoes

Meanwhile, peel the **potatoes**, 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. Once the **potatoes** are ready, drain in a colander, pop back into the pan, sprinkle on the remaining **thyme** and **half the flour**. Give your pan a shake to fluff up the **potato**. When the **chicken** has 45 mins left to cook, take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer. Sprinkle over a pinch of **salt** and gently toss the **potatoes** in the **oil**. Roast the **potatoes** on the top shelf of your oven until golden, 45-50 mins, turn halfway through cooking.



## 5. Gravy and Swede

Meanwhile, pop a saucepan on medium heat and add **half the butter**, allow to melt, stir in the remaining **flour**. You've made a **roux**! Cook until the **roux** is a medium brown colour and 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 until the gravy has thickened to your liking, 15-20 mins. Once the **swede** is cooked, drain and put it back in the pan, add the remaining **butter** and **creme fraiche**, season with **salt** and **pepper**. Mash vigorously until it resembles a rough **mash**. Cover with a lid and leave to the side.



## 3. Finish the Prep

Wash your saucepan and fill with **water** again. Bring to the boil on high heat. Peel the **swede** and chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **hazelnuts**. Once the **water** is boiling, add the **swede** and simmer until tender, 25-30 mins. **TIP: The swede is cooked when you can easily slip a knife through it.** Once cooked, drain in a colander, pop back in the pan and cover with a lid. Set aside.



## 6. Finish and Serve

Once everything is ready, reheat the **greens**, **swede** and **gravy** if you need to. Carve the **chicken**. Share the **veggies** and **spuds** between your plates. Arrange the **chicken** alongside. Sprinkle the **hazelnuts** over the **creamed greens**. Add any **chicken resting juice** or **water** to the **gravy** to get it to your desired consistency. **TIP: Be careful when adding the chicken juices to the gravy, the more you add the thinner the gravy will be.** Pour the **gravy** over the **chicken**!

**Dig In!**