



CRISPY ROAST CHICKEN

with Redcurrant Glaze, Mustardy Mash and Roasted Broccoli



HELLO TARRAGON

Tarragon is a key ingredient of Dijon mustard.



Chicken Thigh
(Skin on & Bone in)



Potato



Broccoli Florets



Tarragon



Rich Redcurrant Jelly



Wholegrain Mustard



Unsalted Butter

MEAL BAG



Hands on: **20** mins
Total: **40** mins



2 of your
5 a day



Family Box

19

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), some **Baking Paper**, two **Baking Trays**, a **Colander**, **Measuring Jug**, **Small Saucepan** and **Potato Masher**. Now, let's get cooking!



1 ROAST THE CHICKEN

Preheat your oven to 200°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Lay the **chicken thighs** out on a lined baking tray, skin-side up, and drizzle with **oil**. Season with a good pinch of **salt** and **pepper** then roast on the top shelf of your oven until golden and cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2 BOIL THE POTATO

Meanwhile, chop the **potato** into 2cm chunks (no need to peel). Add to the saucepan of boiling **water** and cook for 12-15 mins. **TIP:** The potato is cooked when you can easily slip a knife through. Drain in a colander and return to the pan, off the heat.



3 COOK THE BROCCOLI

While the **potato** cook, pop the **broccoli florets** another lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in one layer. Roast on the middle shelf of your oven until crisp, 12-15 mins. **TIP:** Pop these in halfway through the chicken cooking time so that everything is ready together.



4 MAKE THE GLAZE

Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Warm the **redcurrant jelly** and **water** (see ingredients for amount) in a small saucepan on medium heat, stirring to ensure the **jelly** is dissolved. Stir in **half** the **tarragon** then reduce on a low heat until thick and sticky, 3-5 mins. Season to taste with **salt** and **pepper**.



5 FINISH UP

Mash the **potato** with a potato masher along with the **mustard**, **butter** and a pinch of **salt** and **pepper**. Mix in a splash of **milk** (if you have some). Keep warm with the lid on off the heat.



6 SERVE

Serve the **mustardy mash** on plates topped with the **roast chicken** and **broccoli**. Drizzle the **redcurrant glaze** all over the **chicken**, then finish with a sprinkling of the remaining **tarragon**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Thigh (Skin-on & Bone in)	4	6	8
Potato	1 small pack	1 large pack	2 small packs
Broccoli Florets	1 small pack	1 medium pack	1 large pack
Tarragon	½ bunch	¾ bunch	1 bunch
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots
Water*	2 tbsp	3 tbsp	4 tbsp
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Unsalted Butter 7)	1 pack	1 pack	2 packs

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 752G	PER 100G
Energy (kcal)	1084	144
(kJ)	4533	603
Fat (g)	57	8
Sat. Fat (g)	19	3
Carbohydrate (g)	54	7
Sugars (g)	11	1
Protein (g)	59	8
Salt (g)	0.50	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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