



Thyme Roasted Whole Chicken

with Pancetta Roasties, Red Cabbage and Cheesy Leeks

N° 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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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!