



# Herby Roast Chicken

with tender broccoli and sweet chilli glaze

Calorie Smart 35 – 40 mins

20



Chicken Breast



Potatoes



Dried Thyme



Sweet Chilli Sauce



Cranberry Chutney



Broccoli



Shallot

Pantry Items: Salt, Oil, Pepper, Butter, Water



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	3 units	6 units
Dried Thyme	1 sachet	2 sachets
Sweet Chilli Sauce	2 sachets	4 sachets
Cranberry Chutney	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Shallot	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>650.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2460.2 kJ/ 588 kcal	378.2 kJ/ 90.4 kcal
Fat (g)	12.5 g	1.9 g
Sat. Fat (g)	2.6 g	0.4 g
Carbohydrate (g)	78.4 g	12.1 g
Sugars (g)	15.9 g	2.4 g
Protein (g)	45.8 g	7 g
Salt (g)	2.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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## Cook the Wedges

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Make the Sauce

- Meanwhile, place a pot over medium-high heat with a drizzle of **oil**.
- Once heat, fry the **shallot** until sweet and softened, 5-6 mins.
- Add the **cranberry chutney** and bring to a simmer.
- Finish off with a knob of **butter**.
- Remove the pot from the heat and stir through the **sweet chilli sauce**.

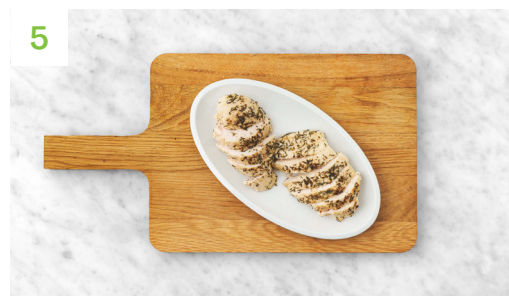
**TIP:** Loosen the sauce with a splash of water if you feel it's too thick.



## Roast the Chicken

- Toss the **chicken breasts** with **thyme, salt, pepper** and a drizzle of **oil**.
- Lay the **chicken** onto a (separate) lined baking tray.
- Roast in the oven until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



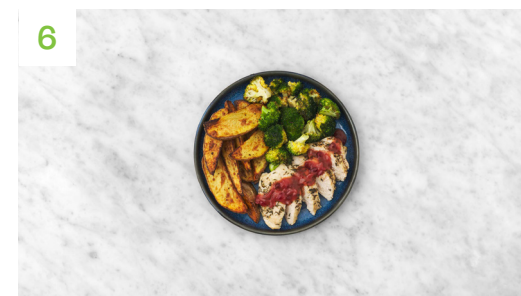
## Slice the Chicken

- Once everything is ready, remove the **broccoli, chicken** and wedges from the oven.
- Transfer the **chicken** to a board and thinly slice.



## Prep the Veg

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- When 12 mins of cooking time remain for the **chicken**, place the **broccoli** on the same baking tray.
- Return the tray to the oven and cook until the **broccoli** is tender, 10-12 mins.



## Finish and Serve

- Divide the roast **potatoes** and **broccoli** between plates.
- Serve the sliced **chicken** alongside.
- Drizzle over the sauce over the **chicken**.

**Enjoy!**