



Garlic Butter Roasted Chicken

with Bacon, Brussels Sprouts & Baby Broccoli Salad

FEAST

Grab your Meal Kit with this symbol



Garlic



Garlic & Herb Seasoning



Half Chicken



Brussels Sprouts



Peeled Pumpkin Pieces



Nan's Special Seasoning



Baby Broccoli



Leek



Diced Bacon



Pecans



Cow's Milk Feta



Mint



Parsley

Prep in: 30-40 mins
Ready in: 50-60 mins

Eat Me Early

We're putting on a spread tonight and there's a little something for everyone. From the glowing golden chicken roasted in a herb and garlic butter to the veggies with hidden bits of bacon and Brussels sprouts for the touch of green we love. If anyone at the table has a sweet tooth then the pecans dotted through the baby broccoli salad with creamy feta will surely satisfy.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Two oven trays lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	50g	100g
garlic & herb seasoning	1 sachet	1 sachet
half chicken	1 packet	2 packets
Brussels sprouts	1 bag (150g)	1 bag (300g)
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
Nan's special seasoning	1 sachet	1 sachet
baby broccoli	1 bag	1 bag
leek	1	2
diced bacon	1 packet	1 packet
pecans	1 packet	2 packets
cow's milk feta	¼ packet	½ packet
mint	1 bag	1 bag
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3901kJ (932Cal)	420kJ (100Cal)
Protein (g)	76.2g	8.2g
Fat, total (g)	55.2g	5.9g
- saturated (g)	30.7g	3.3g
Carbohydrate (g)	26.2g	2.8g
- sugars (g)	16.9g	1.8g
Sodium (mg)	1769mg	190mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit helloworldfresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the chicken & sprouts

- Preheat oven to **240°C/220°C**. Finely chop **garlic**.
- In a small heatproof bowl, microwave **garlic**, the **butter** and **garlic & herb seasoning** in **10 second** bursts, until melted.
- Season **half chicken** with **salt** and **pepper**. Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned, **4-5 minutes** each side.
- Transfer **chicken** to one side of a lined oven tray and top with half the **melted garlic butter**.
- Add **Brussels sprouts** to the other side of the tray. Season and drizzle with **olive oil**. Toss to coat. Roast until chicken is cooked through and sprouts are tender, **25-30 minutes**. Set **chicken** aside to rest for **5-10 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

4



Finish the Brussels sprouts

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon** and **leek**, breaking up bacon with a spoon, until golden, **6-7 minutes**.
- Add roasted **Brussels sprouts** and toss to combine. Season to taste.

2



Roast the pumpkin

- Meanwhile, place **peeled pumpkin pieces** on a second lined oven tray. Sprinkle over **Nan's special seasoning**, season with **salt** and drizzle with **olive oil**.
- Toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

5



Make the salad

- Roughly chop **pecans**.
- Add **pecans** to the bowl of **baby broccoli**. Crumble in **feta (see ingredients)**.
- Tear over **mint** leaves. Toss to combine and season to taste.

3



Cook the baby broccoli

- When the chicken has **10 minutes** remaining, halve any thick stalks of **baby broccoli**. Thinly slice **leek**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **5-6 minutes**. Transfer to a medium bowl.

6



Serve up

- Finely chop **parsley** leaves. Cut garlic butter roasted chicken in half.
- Bring everything to the table to serve. Help yourself to some chicken, roasted pumpkin, bacon and sautéed greens and baby broccoli salad.
- Spoon over remaining butter and garnish with parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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