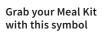


FEAST











Seasoning



Half Chicken







Peeled Pumpkin





Nan's Special

Baby Broccoli



Diced Bacon





Cow's Milk



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 with surely satisfy.



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  $\cdot$  Two oven trays lined with baking paper  $\cdot$  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	1/4 packet	½ packet
mint	1 bag	1 bag
parsley	1 bag	1 bag

<sup>\*</sup>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 hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



## 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.



## 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**.



# 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.



## 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.



## 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!

## Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



Scan here if you have any questions or concerns