



Roast Chicken & Crispy Prosciutto

with Creamy Sauce, Mash & Veggies

GOURMET

Grab your meal kit with this number

15



Half Chicken



Potato



Baby Rainbow Carrots



Prosciutto



Thyme



Baby Leaves



Cream



Chicken-Style Stock Powder

Prep in: 30-40 mins
Ready in: 45-55 mins

Eat Me Early

Roast chicken and mash is a homey classic, but let's take it up a notch! Indulge in this glowing golden chicken, roasted to perfection, paired with a luxuriously smooth mash, creamy sauce and crispy prosciutto. This dish is fit for the stars!

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
half chicken	1 packet	2 packets
butter*	40g	80g
potato	2	4
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
baby rainbow carrots	1 large packet	2 large packets
prosciutto	½ packet	1 packet
thyme	½ large packet	1 large packet
baby leaves	1 medium packet	2 medium packets
cream	½ packet	1 packet
chicken-style stock powder	1 large sachet	2 large sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3983kJ (952cal)	237kJ (57cal)
Protein (g)	66.2g	3.9g
Fat, total (g)	55g	3.3g
- saturated (g)	36.1g	2.1g
Carbohydrate (g)	46.8g	2.8g
- sugars (g)	29.1g	1.7g
Sodium (mg)	1925mg	114.6mg
Dietary Fibre (g)	8.8g	0.5g

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.

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2024 | CW41



1



Roast the chicken

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Season **half chicken** with a good pinch of **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, skin-side down, until browned, **5 minutes** each side. Transfer **chicken** to a lined oven tray, skin-side up, then top with half the **butter**. Set the frying pan aside with the residual **chicken fat** (you'll use it in step 5!).
- Roast **chicken** until cooked through, **35-45 minutes**. Set aside to rest, **5-10 minutes**.

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

4



Roast the carrots & prosciutto

- Place **carrots** on a second lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast for **10 minutes**.
- To the oven tray with carrots, add **prosciutto** and roast until the carrots are tender and prosciutto is crispy, a further **5-10 minutes**.

2



Make the mash

- While the chicken is roasting, half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the saucepan.
- Add the **milk**, **salt** and remaining **butter** to the potato. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

5



Cook the creamy Dijon sauce

- While the chicken is resting, return the frying pan with the residual **chicken fat** to medium-high heat. Cook **baby leaves**, stirring, until softened, **1-2 minutes**. Transfer to a bowl.
- Return frying pan to medium heat, then add **cream (see ingredients)**, **chicken-style stock powder**, any **chicken resting juices** and a generous pinch of **pepper**. Cook, simmering, until thickened, **1-2 minutes**.
- Stir through **thyme**.

3



Get prepped

- While the potato is cooking, trim **baby rainbow carrots** and slice any thicker **carrots** in half lengthways.
- Slice **prosciutto (see ingredients)** in half lengthways.
- Pick **thyme** leaves.

6



Serve up

- Slice half chicken.
- Divide mash, baby rainbow carrots and baby leaves between plates.
- Top with roast chicken.
- Pour over creamy sauce, then top with crispy prosciutto to serve. Enjoy!

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