



Bacon Jam Roast Chicken & Sour Cream Mash

with Sautéed Greens & Almonds

GOURMET

NEW

Grab your Meal Kit with this symbol



Aussie Spice Blend



Half Chicken



Parsley



Potato



Sour Cream



Chicken-Style Stock Powder



Onion



Green Beans



Roasted Almonds



Baby Leaves



Diced Bacon



Onion Chutney

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

Eat Me Early

This chicken is roasted to perfection and topped with a sweet and savoury bacon jam, for a roast experience like never before. Accompanied by a creamy mash, this dish is hard to beat!

Pantry items

Olive Oil, Butter, White Wine Vinegar, Brown Sugar

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 · Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Aussie spice blend	1 medium sachet	1 large sachet
half chicken	1 packet	2 packets
parsley	1 packet	1 packet
potato	2	4
butter*	20g	40g
sour cream	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
onion	½	1
green beans	1 small packet	1 medium packet
roasted almonds	1 packet	2 packets
baby leaves	1 medium packet	1 large packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
white wine vinegar*	1 tsp	2 tsp
brown sugar*	2 tsp	4 tsp
onion chutney	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4174kJ (998Cal)	453kJ (108Cal)
Protein (g)	73.6g	8g
Fat, total (g)	50.4g	5.5g
- saturated (g)	26.7g	2.9g
Carbohydrate (g)	62.4g	6.8g
- sugars (g)	31.6g	3.4g
Sodium (mg)	1641mg	178mg

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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We're here to help!

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2024 | CW16

1



Roast the chicken

- Preheat oven to **240°C/220°C fan-forced**. In a small bowl, combine **Aussie spice blend** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **half chicken**, skin-side down and cook until browned, **5 minutes** each side.
- Transfer **chicken** to a lined oven tray, drizzle over **Aussie spice mix** and roast until cooked through, **35-45 minutes**. Set aside to rest for **5-10 minutes**.

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

4



Cook the veggies

- When chicken has **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** until tender, **3-4 minutes**. Add **baby leaves** and **roasted almonds** and cook, until wilted, **1-2 minutes**. Season to taste.
- Transfer **veggies** to a plate and cover to keep warm.

2



Make the parsley mash

- While chicken is roasting, bring a medium saucepan of salted water to the boil. Finely chop **parsley**. Peel **potato** and cut into large chunks.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan.
- Add the **butter**, **sour cream**, **parsley** and **chicken-style stock powder** to **potato**. Mash until smooth. Cover to keep warm.

5



Make the bacon jam

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **diced bacon**, **onion** and a pinch of **salt** then cook, stirring occasionally, until starting to soften, **4-6 minutes**.
- Add the **white wine vinegar**, **brown sugar** and a splash of **water**. Stir to combine and cook until reduced, **1 minute**.
- Add **onion chutney** and any **chicken resting juices** and stir to combine.

3



Get prepped

- While the potatoes are cooking, finely chop **onion** (see ingredients). Trim **green beans**. Roughly chop **roasted almonds**.

6



Serve up

- Halve roast chicken.
- Divide creamy parsley mash, chicken and almond veggies between plates.
- Top chicken with bacon jam to serve. Enjoy!

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