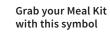


# Bacon Jam Roast Chicken & Sour Cream Mash

with Sautéed Greens & Almonds

GOURMET

**NEW** 









**Aussie Spice** 

Half Chicken





Potato





Sour Cream







Onion





**Roasted Almonds** 

**Baby Leaves** 



Diced Bacon

Onion Chutney



Eat Me Early

#### **Pantry items**

#### 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  $\cdot$  Oven tray lined with baking paper  $\cdot$  Medium saucepan

#### Ingredients

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	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	1/2	1
onion green beans	½ 1 small packet	1 1 medium packet
	·-	-
green beans	1 small packet	1 medium packet
green beans roasted almonds	1 small packet 1 packet	1 medium packet 2 packets
green beans roasted almonds baby leaves	1 small packet 1 packet 1 medium packet	1 medium packet 2 packets 1 large packet 2 medium packets
green beans roasted almonds baby leaves diced bacon white wine	1 small packet 1 packet 1 medium packet 1 medium packet	1 medium packet 2 packets 1 large packet 2 medium packets OR 1 large packet

<sup>\*</sup>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**

2024 | CW16

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.

## Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



#### 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.



# 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.



# Get prepped

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



## 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.



## 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.



## Serve up

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



