



# Roast Chicken & Crispy Prosciutto

with Creamy Dijon Sauce, Mash & Veggies

GOURMET

Grab your Meal Kit with this symbol



Half Chicken



Potato



Baby Rainbow Carrots



Prosciutto



Baby Leaves



Cream



Chicken-Style Stock Powder



Dijon Mustard

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 Dijon sauce and crispy prosciutto. This dish is fit for the stars!

### Pantry items

Olive Oil, Butter, Milk

## 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 with a lid

## Ingredients

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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3986kJ (953Cal)	454kJ (109Cal)
Protein (g)	66.2g	7.5g
Fat, total (g)	55g	6.3g
- saturated (g)	36.1g	4.1g
Carbohydrate (g)	46.9g	5.3g
- sugars (g)	29.1g	3.3g
Sodium (mg)	1925mg	219mg
Dietary Fibre (g)	9.3g	1.1g

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](https://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 | CW17



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## 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 to a lined oven tray, then top with half the **butter**.
- Roast **chicken** until cooked through, **35-45 minutes**. Set aside to rest, **5-10 minutes**.
- Set the frying pan aside with the residual **chicken fat** (you'll use it in step 5!).

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

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## 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**.
- Add **prosciutto** to the oven tray with the **carrots** 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.

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## 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 plate.
- Return the frying pan to medium heat, then add **cream** (see ingredients), **chicken-style stock powder**, **Dijon mustard** (see ingredients), any **chicken resting juices** and a generous pinch of **pepper**. Cook, simmering, until thickened, **1-2 minutes**.

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.

6



## Serve up

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

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