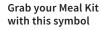


Roast Chicken & Crispy Prosciutto



100

Potato

Prosciutto

Cream

Dijon Mustard

with Creamy Dijon Sauce, Mash & Veggies



Pantry items Olive Oil, Butter, Milk

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

1 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!

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
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*	1⁄4 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	1/2 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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.



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.



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.



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.



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.



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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