



# Seared Chicken & Cranberry Gravy

with Parmesan Roast Veggies & Tomato Salad

XMAS IN JULY

KID FRIENDLY

Grab your Meal Kit with this symbol



Chat Potatoes



Carrot



Shaved Parmesan Cheese



Tomato



Chicken Breast



Dried Cranberries



Aussie Spice Blend



Mixed Salad Leaves



Garlic Paste



Gravy Granules



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins



Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Eat Me Early

Christmas is so nice, we figured we'd celebrate it twice! This Christmas in July, enjoy this delicious chicken and salad dish with notes of the holiday season, particularly in the form of this gorgeous cranberry gravy. Add some cheesy roast veggies to complete this number.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
carrot	1	2
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
tomato	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
dried cranberries	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
garlic paste	1 packet	2 packets
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2030kJ (485Cal)	359kJ (86Cal)
Protein (g)	45.9g	8.1g
Fat, total (g)	9.2g	1.6g
- saturated (g)	4g	0.7g
Carbohydrate (g)	52.9g	9.4g
- sugars (g)	22.1g	3.9g
Sodium (mg)	1072mg	190mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2833kJ (677Cal)	388kJ (93Cal)
Protein (g)	76.3g	10.5g
Fat, total (g)	17.1g	2.3g
- saturated (g)	6.4g	0.9g
Carbohydrate (g)	52.9g	7.2g
- sugars (g)	22.1g	3g
Sodium (mg)	1175mg	161mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **chat potatoes** in half. Cut **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.
- In the last **5 minutes** of cook time, remove tray from oven, sprinkle with **shaved Parmesan cheese** and bake until golden and crisp.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **tomato** and a drizzle of the **vinegar** and **olive oil**. Season.



## Get prepped

- Meanwhile, boil the kettle.
- Cut **tomato** into thin wedges.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a small heatproof bowl, add **dried cranberries** and cover in **boiling water**.
- In a medium bowl, combine **chicken**, **Aussie spice blend** and a drizzle of **olive oil**.



## Make the gravy

- Drain **dried cranberries**.
- Wipe out pan and return to medium heat with a drizzle of **olive oil**.
- Cook **garlic paste** and **cranberries** until fragrant, **1-2 minutes**. Transfer to a medium heatproof bowl.
- To bowl, add **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



## Cook the chicken

- When veggies have **15 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** The chicken is cooked when it is no longer pink inside.

**Custom Recipe:** If you've doubled your chicken breast, cook in batches for the best results!



## Serve up

- Divide Parmesan roast veggies, seared chicken and tomato salad between plates.
- Pour cranberry gravy over chicken to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)