



# Garlicky Roast Chicken & Bacon Brussels

with Pumpkin, Nutty Greens & Goat Cheese

FEAST

Grab your Meal Kit with this symbol



Garlic



Garlic & Herb Seasoning



Half Chicken



Brussels Sprouts



Peeled & Chopped Pumpkin



Nan's Special Seasoning



Baby Broccoli



Baby Spinach Leaves



Diced Bacon



Pecans



Marinated Goat Cheese



Mint



Chives

Prep in: 30-40 mins  
Ready in: 50-60 mins

Eat Me Early

Slather a half-chook with a quick garlic and herb butter, pop it in the oven and you're in for a treat! It doesn't stop there; the umami-rich bacon in the Brussels sprouts, plus the crunchy pecans and tangy cheese in the crisp sautéed greens ensure every bite of tonight's spread is heavenly.

### Pantry items

Olive Oil, Butter

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	50g	100g
garlic & herb seasoning	1 medium sachet	1 large sachet
half chicken	1 packet	2 packets
Brussels sprouts	1 medium bag	1 large bag
peeled & chopped pumpkin	1 medium bag	2 medium bags
Nan's special seasoning	1 medium sachet	1 large sachet
baby broccoli	1 bunch	2 bunches
baby spinach leaves	1 medium bag	1 large bag
diced bacon	1 packet (90g)	1 packet (180g)
pecans	1 medium packet	1 large packet
marinated goat cheese	½ packet	1 packet
mint	1 bag	1 bag
chives	1 bag	1 bag

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5327kJ (1273Cal)	575kJ (137Cal)
Protein (g)	97.9g	10.6g
Fat, total (g)	86.1g	9.3g
- saturated (g)	33.3g	3.6g
Carbohydrate (g)	26.7g	2.9g
- sugars (g)	17.3g	1.9g
Sodium (mg)	1816mg	196mg

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.

1



## Start the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- In a small heatproof bowl, combine **garlic**, the **butter** and **garlic & herb seasoning**. Microwave in **10 seconds** bursts, until melted.
- Season **half chicken** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, skin-side down first, until browned, **4-5 minutes** each side.

4



## Cook the baby broccoli

- When chicken and veggies have **10 minutes** cook-time remaining, trim **baby broccoli**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until almost tender, **4-5 minutes**.
- Add **baby spinach leaves** and cook until wilted, **1 minute**.
- Transfer to a medium bowl.

2



## Roast the chicken & sprouts

- Transfer **seared chicken** to one side of a lined oven tray. Spread with half the **garlic butter**.
- Add **Brussels sprouts** to the other side of the tray. Drizzle with **olive oil**, season with **salt** and **pepper**, then toss to combine.
- Roast until chicken and Brussels sprouts are cooked through, **25-30 minutes**.
- Set aside to rest for **5-10 minutes**.

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

**TIP:** The Brussels sprouts will char slightly, this adds to the flavour!

5



## Bring it all together

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until golden, **6-7 minutes**.
- Add **roasted Brussels sprouts**, tossing to combine. Remove from heat. Transfer to a bowl.
- While bacon is cooking, roughly chop **pecans**.
- To the bowl with the greens, add **pecans** and **marinated goat cheese** (see ingredients). Tear over **mint** leaves. Toss to combine. Season to taste.

3



## Roast the pumpkin

- While chicken and Brussels are roasting, place **peeled & chopped pumpkin** on a second lined oven tray.
- Drizzle **pumpkin** with **olive oil**, sprinkle with **Nan's special seasoning** and toss to coat.
- Roast until tender, **25-30 minutes**.

6



## Serve up

- Finely chop **chives**.
- Carve the chicken. Pour remaining garlic butter over chicken, then sprinkle with chives.
- Bring the garlicky roast chicken, bacon Brussels, pumpkin and the nutty greens and goat cheese to the table to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## 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)