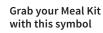


FEAST

# Garlicky Roast Chicken & Bacon Brussels with Pumpkin, Nutty Greens & Goat Cheese





Garlic & Herb

Seasoning



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

1 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



**Baby Spinach** Leaves

Nan's Special

Seasoning

Pecans



Mint

## 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  $\operatorname{pan}\cdot\operatorname{Two}$  oven trays lined with baking paper

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	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	<b>1 packet</b> (90g)	<b>1 packet</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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.

Cook the baby broccoli

until almost tender, 4-5 minutes.

Transfer to a medium bowl.

1 minute.

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,

Add baby spinach leaves and cook until wilted,

 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.



# 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!



## 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.



## 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.



# 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!



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