



# Roast Chicken & Almond-Prosciutto Crumb

with Pumpkin Sage Gratin & Lemon-Fetta Greens

FEAST

Grab your Meal Kit with this symbol



Half Chicken



Red Onion



Peeled & Chopped Pumpkin



Sage



Garlic



Baby Broccoli



Roasted Almonds



Prosciutto



Lemon



Panko Breadcrumbs



Light Cooking Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Fetta Cubes

### Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach leaves. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

Eat Me Early

This stellar dish is packing a punch in every corner. Roast chicken with an almond-prosciutto crumb, a pumpkin sage gratin and lemon-fetta greens, there's goodness found in every inch of this meal.

### 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 · Oven tray lined with baking paper ·

Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
half chicken	1 packet	2 packets
red onion	1	2
peeled & chopped pumpkin	1 medium bag	2 medium bags
sage	1 bunch	1 bunch
garlic	3 cloves	6 cloves
baby broccoli	1 bunch	2 bunches
roasted almonds	1 medium packet	1 large packet
prosciutto	1 packet	2 packets
lemon	½	1
panko breadcrumbs	½ medium packet	1 medium packet
<b>butter*</b>	30g	60g
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 packet (50g)	2 packets (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6110kJ (1460Cal)	561kJ (134Cal)
Protein (g)	111.6g	10.2g
Fat, total (g)	90.4g	8.3g
- saturated (g)	33.8g	3.1g
Carbohydrate (g)	49.5g	4.5g
- sugars (g)	23.6g	2.2g
Sodium (mg)	2289mg	210mg

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 chicken

- Preheat oven to **240°C/220°C fan-forced**. Season **half chicken** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **half chicken**, skin-side down first and cook, until browned, **4-5 minutes** each side.
- Transfer **chicken** to a lined oven tray and roast until cooked through, **25-30 minutes**. When the chicken is done, cover with foil to keep warm and set aside to rest for **5-10 minutes**.

**TIP:** Chicken cook times will vary depending on size, the chicken is cooked through when it's no longer pink inside!



## Bake the gratin

- Return frying pan to medium heat with a drizzle of **olive oil**. Add the **butter**, **sage** and half the **garlic** and cook, stirring, until fragrant, **1-2 minutes**.
- Add **light cooking cream** and **chicken-style stock powder**, stir to combine, then remove from the heat. Season to taste.
- Pour **cream** over **pumpkin** in the baking dish. Top with **panko breadcrumb** mixture and bake until golden and bubbling, **10-15 minutes**.



## Roast the pumpkin

- While the chicken is searing, cut **red onion** into wedges.
- Place **peeled & chopped pumpkin** and **onion** in a baking dish, drizzle with **olive oil** and season. Toss to coat, then roast until just tender, **18-20 minutes**.



## Cook the crumb & the veggies

- Wash out frying pan and return to medium-high heat with a drizzle of **olive oil**. Add **prosciutto** and cook, stirring, until browned, **4-5 minutes**. Add **almonds** and a squeeze of **lemon juice**. Toss to combine, then transfer to a small bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **baby broccoli** and cook, tossing, until tender, **4-5 minutes**. Add **baby spinach leaves**, the remaining **garlic**, a squeeze of **lemon juice** and toss until wilted, **1 minute**. Season, then transfer to a serving plate.



## Get prepped

- Meanwhile, finely chop **sage** and **garlic**.
- Trim **baby broccoli** and halve any thick stems lengthways.
- Roughly chop **roasted almonds** and **prosciutto**.
- Cut **lemon** into wedges.
- In a small bowl, toss **panko breadcrumbs** (**see ingredients**) with a good drizzle of **olive oil** and season.



## Serve up

- Carve the chicken in half. Sprinkle the almond-prosciutto crumb over the roast chicken.
- Garnish the lemon greens with **fetta cubes**.
- Serve with the pumpkin sage gratin and any remaining lemon wedges. Enjoy!

## Rate your recipe

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