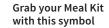


Roast Chicken & Almond-Prosciutto Crumb

with Pumpkin Sage Gratin & Lemon-Fetta Greens

FEAST











Half Chicken



Peeled & Chopped



Pumpkin



Sage





Baby Broccoli





Roasted Almonds



Lemon



Prosciutto

Panko Breadcrumbs



Light Cooking



Cream





Baby Spinach Leaves



Fetta Cubes

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

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	2 People	4 People
olive oil*	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	1/2	1
panko breadcrumbs	½ medium packet	1 medium packet
butter*	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)
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^{*}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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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.



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.



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.

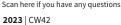


Serve up

- · 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!



Scan here if you have any questions or concerns





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