



# Roast Whole Chicken & Prosciutto Asparagus

with Rosemary Potatoes & Honey Almond Baby Carrots

FEAST

Grab your Meal Kit with this symbol



Aussie Spice Blend



Whole Chicken



Potato



Rosemary



Dutch Carrots



Roasted Almonds



Prosciutto



Asparagus



Béarnaise Sauce

Prep in: 40-50 mins  
Ready in: 60-70 mins

Eat Me Early

It's a feast for the senses: a tender, perfectly seasoned chook, sublime rosemary potatoes, prosciutto-wrapped asparagus and sweet honey-glazed baby carrots. Everything tonight has that magic touch, making this luxe dinner hard to beat.

### Pantry items

Olive Oil, Honey, 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
Aussie spice blend	1 sachet	2 sachets
whole chicken	1 (1.5kg)	1 (2kg)
potato	2	4
rosemary	2 sticks	4 sticks
Dutch carrots	1 bunch	2 bunches
roasted almonds	1 medium packet	1 large packet
prosciutto	1 packet	2 packets
asparagus	1 bunch	2 bunches
<b>honey*</b>	drizzle	drizzle
<b>butter*</b>	20g	40g
béarnaise sauce	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	7568kJ (1808Cal)	619kJ (147Cal)
Protein (g)	165.1g	13.5g
Fat, total (g)	112g	9.2g
- saturated (g)	33.1g	2.7g
Carbohydrate (g)	36.8g	3g
- sugars (g)	15.9g	1.3g
Sodium (mg)	1886mg	154mg

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



## Sear the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a small bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**.
- Pat **whole chicken** dry with a paper towel. Place **chicken** on a lined oven tray, breast-side up.
- Drizzle with **spice mixture**. Season generously with **salt** and **pepper**, rubbing the seasonings into the skin.
- Roast for **1 hour**.

2



## Cook the potatoes

- When the chicken has **30 minutes** remaining, cut **potato** into bite-sized chunks.
- Pick and finely chop **rosemary**.
- Place **potato** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **rosemary**, season with **salt** and toss to coat.
- Toss to combine then roast until tender, **20-25 minutes**.

3



## Get prepped

- While the potato is roasting, trim green tops from **Dutch carrots**, then scrub **carrots** clean. Halve **carrots** lengthways.
- Roughly chop **roasted almonds**. Trim the ends off **asparagus**.
- Carefully separate each slice of **prosciutto**. Tightly wrap each **prosciutto** slice around each **asparagus** spear.

4



## Cook the asparagus

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Place each **asparagus** spear, seam-side down, in the pan. Cook, gently turning to cook all sides, until tender, **5-6 minutes**. Transfer to a plate.

**TIP:** Add a dash of water to the pan to help the asparagus cook!

5



## Cook the carrots

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrots**, tossing, until tender, **5-7 minutes**.
- Add a drizzle of the **honey**, **butter** and **almonds** and cook until browned, **30 seconds**, turning carrots to coat.

6



## Serve up

- Carve chicken.
- Bring everything to the table to serve.
- Help yourself to the chicken, rosemary potatoes, honey almond carrots and prosciutto-wrapped asparagus.
- Serve with **béarnaise sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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