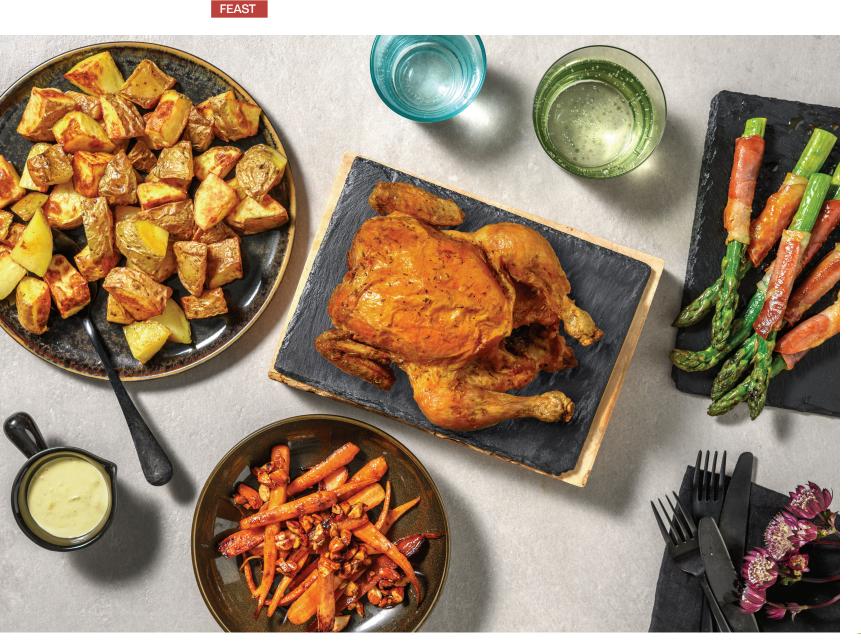


Whole Roast Chicken & Prosciutto Asparagus

with Rosemary Potatoes & Honey-Almond Baby Carrots











Blend



Potato



Rosemary





Dutch Carrots





Asparagus



Prosciutto



Béarnaise Sauce

Pantry items

Olive Oil, Honey, Butter

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



Eat Me Early

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 \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	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	
asparagus	1 bunch	2 bunches	
prosciutto	1 packet	2 packets	
honey*	drizzle	drizzle	
butter*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Sear the chicken

- Preheat oven to 240°C/220°C fan-forced.
- In a small bowl, combine 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 Aussie spice mixture. Season generously with salt and pepper, rubbing the seasoning into the skin.
- · Roast for 1 hour.

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



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 and season with salt and toss to coat.
- Toss to combine then roast until tender,
 20-25 minutes.



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 of asparagus.
- Carefully separate each slice of prosciutto.
 Tightly wrap each prosciutto slice around each asparagus spear.



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.
- Add a dash of **water** to the pan to help the asparagus cook. Transfer to a plate.



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.



Serve up

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

