



# Garlicky Roast Chicken & Potato Chunks

with Tomato-Pine Nut Salad & Herby Mayo

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Aussie Spice Blend



Salad Leaves



Snacking Tomatoes



Pine Nuts



Half Chicken



Chopped Potato



Grated Parmesan Cheese



Mustard Cider Dressing



Dill & Parsley Mayonnaise

Prep in: 5-15 mins  
Ready in: 45-55 mins

Eat Me Early

Naturally Gluten-Free  
*Not suitable for coeliacs*

Thanks to a handful of ready-to-go ingredients, this hearty roast dinner comes together in three simple steps. Two of our trusty seasonings add a rich depth of flavour to the half-chook and potatoes, leaving you to do very little!

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic & herb seasoning	1 medium sachet	1 large sachet
half chicken	1 packet	2 packets
chopped potato	1 medium bag	1 large bag
Aussie spice blend	1 medium sachet	1 large sachet
salad leaves	1 medium bag	1 large bag
snacking tomatoes	1 punnet	2 punnets
grated Parmesan cheese	1 packet	2 packets
mustard cider dressing	1 packet	2 packets
pine nuts	1 medium packet	1 large packet
dill & parsley mayonnaise	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5515kJ (1318Cal)	670kJ (160Cal)
Protein (g)	87.6g	10.6g
Fat, total (g)	90.2g	11g
- saturated (g)	18.9g	2.3g
Carbohydrate (g)	38.4g	4.7g
- sugars (g)	6.5g	0.8g
Sodium (mg)	1509mg	183mg

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



## Roast the chicken & potato

- Preheat oven to **240°C/220°C fan-forced**.
- In a small bowl, combine **garlic & herb seasoning**, a splash of **water**, a drizzle of **olive oil** and a pinch of **salt**.
- Place **half chicken** on a lined oven tray. Spread the **seasoning mixture** over **chicken**. Roast until cooked through, **35-45 minutes**. Set aside to rest for **5-10 minutes**.
- When the chicken has **25 minutes** remaining, place **chopped potato** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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

2



## Toss the salad

- Just before serving, combine **salad leaves**, **snacking tomatoes** and **grated Parmesan cheese** in a medium bowl.
- Add **mustard cider dressing**, tossing to coat.

3



## Serve up

- Divide garlicky roast chicken and potato chunks and the tomato salad between plates.
- Sprinkle **pine nuts** over salad.
- Serve with **dill & parsley mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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