



Roast Chicken & Duck Fat Potatoes

with Prosciutto-Wrapped Asparagus & Honey Almond Baby Carrots

Grab your Meal Kit with this symbol



Aussie Spice Blend



Half Chicken



Potato



Duck Fat



Baby Carrots



Roasted Almonds



Asparagus



Prosciutto



Béarnaise Sauce



Hands-on: **40-50 mins**
Ready in: **60-70 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

It's a feast for the senses: a tender, perfectly seasoned chook, sublime duck fat 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

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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| Aussie spice blend | 1 sachet | 2 sachets |
| half chicken | 1 packet | 2 packets |
| potato | 2 | 4 |
| duck fat | 1 packet | 2 packets |
| baby carrots | 1 bag | 2 bags |
| roasted almonds | 1 medium packet | 1 large packet |
| asparagus | 1 bunch | 2 bunches |
| prosciutto | 1 packet | 2 packets |
| honey* | 1 tsp | 2 tsp |
| butter* | 20g | 40g |
| béarnaise sauce | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 5580kJ (1334Cal) | 636kJ (152Cal) |
| Protein (g) | 100.3g | 11.4g |
| Fat, total (g) | 85.2g | 9.7g |
| - saturated (g) | 24.6g | 2.8g |
| Carbohydrate (g) | 40.1g | 4.6g |
| - sugars (g) | 13.5g | 4.6g |
| Sodium (mg) | 1715mg | 195mg |

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 the oven to **240°C/220°C fan-forced**. In a small bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken**, skin-side down first, until browned, **4-5 minutes** each side. Transfer the **chicken** to a lined oven tray, skin-side up, and spoon the **spice blend mixture** over the **chicken**. Roast until cooked through, **25-30 minutes**. Set aside to rest.

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



Cook the asparagus

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. 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.



Roast the potato

While the chicken is cooking, cut the **potato** into bite-sized chunks. Microwave the **duck fat** in a small bowl until melted, **30 seconds**. Place the **potato** on a second lined oven tray. Drizzle with the **duck fat** and season with **salt**. Toss to coat and roast until tender, **20-25 minutes**.



Cook the carrots

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



Get prepped

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



Serve up

Slice the chicken in half. Bring everything to the table to serve. Help yourself to the chicken, duck fat potatoes, honey almond carrots and prosciutto wrapped asparagus. Serve with the **béarnaise sauce**.

Enjoy!