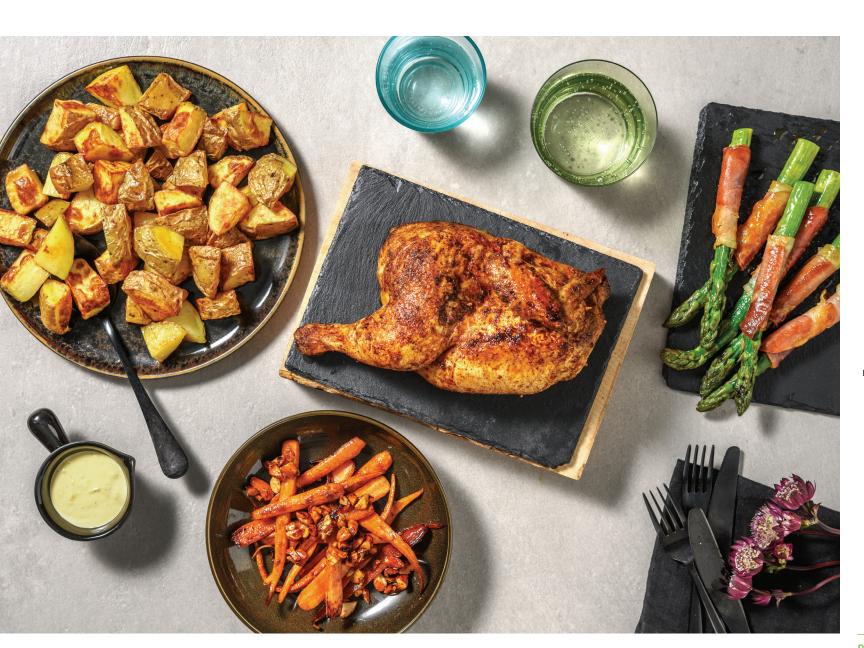


# Roast Chicken & Duck Fat Potatoes

with Prosciutto-Wrapped Asparagus & Honey Almond Baby Carrots

Grab your Meal Kit with this symbol















Baby Carrots

Roasted Almonds





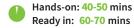
Prosciutto



Béarnaise Sauce

**Pantry items** 

Olive Oil, Honey, Butter





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.

### 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

9		
2 People	4 People	
refer to method	refer to method	
1 sachet	2 sachets	
1 packet	2 packets	
2	4	
1 packet	2 packets	
1 bag	2 bags	
1 medium packet	1 large packet	
1 bunch	2 bunches	
1 packet	2 packets	
1 tsp	2 tsp	
20g	40g	
1 packet (50g)	1 packet (100g)	
	refer to method  1 sachet  1 packet  2  1 packet 1 bag 1 medium packet 1 bunch 1 packet 1 tsp 20g 1 packet	

<sup>\*</sup>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.



## 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**.



## 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 **prosciutto**. Tightly wrap a **prosciutto** slice around each **asparagus** spear.



## 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.



### 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**.



## 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!