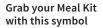
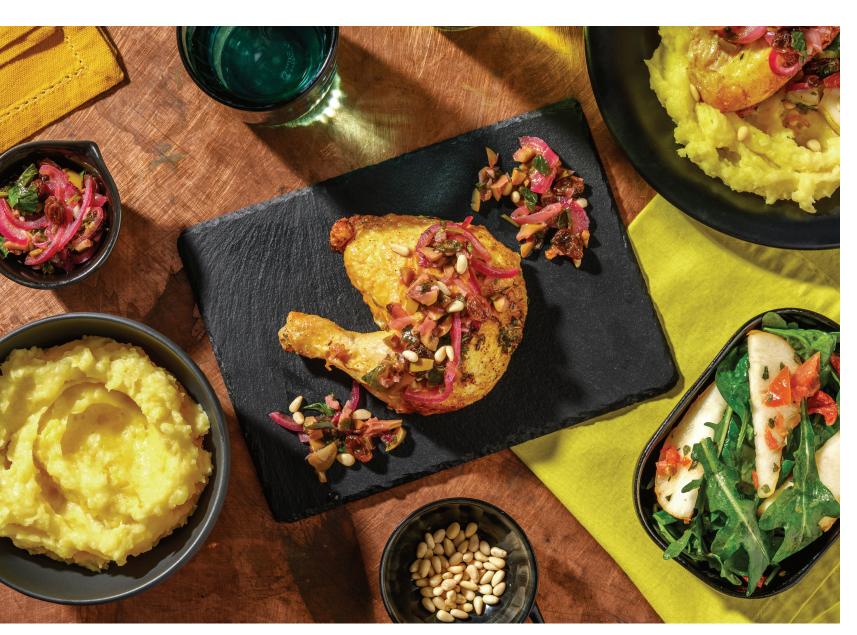


Sicilian-Style Roast Chicken & Green Olive Sauce

with Parmesan Mash & Semi-Dried Tomato Salad











Seasoning





Red Onion









Currants

Vegetable Stock Powder





Salad Leaves

Italian Dressing





Pine Nuts

Half Chicken









Grated Parmesan



Green Olives



Semi-Dried Tomatoes



Olive Oil, Milk, Butter, Honey, Red Wine Vinegar

Prep in: 20-30 mins Ready in: 40-50 mins



Eat Me Early

A garlicky roasted half chook is the perfect match for a green olive sauce that's all the things: savoury, salty and a touch sweet! Serve with some moreish sides, and don't forget a sprinkle of pine nuts for some extra buttery flavour and crunch.

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

Large frying pan · Oven tray lined with baking paper · Medium saucepan with a lid

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
half chicken	1 packet	2 packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
potato	2	4	
milk*	2 tbs	⅓ cup	
grated Parmesan cheese	1 packet (30g)	2 packets (60g)	
butter*	50g	100g	
pear	1	2	
red onion	1	2	
green olives	1 medium packet	1 large packet	
semi-dried tomatoes	1 packet	2 packets	
parsley	1 bag	1 bag	
garlic	2 cloves	4 cloves	
currants	1 medium packet	1 large packet	
honey*	1 tbs	2 tbs	
red wine vinegar*	1 tsp	2 tsp	
water*	⅓ cup	½ cup	
vegetable stock powder	1 medium sachet	1 large sachet	
salad leaves	1 medium bag	1 large bag	
Italian dressing	1 packet	2 packets	
pine nuts	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5573kJ (1332Cal)	615kJ (147Cal)
Protein (g)	88.7g	9.8g
Fat, total (g)	82.5g	9.1g
- saturated (g)	30.5g	3.4g
Carbohydrate (g)	53.3g	5.9g
- sugars (g)	23.7g	2.6g
Sodium (mg)	2016mg	223mg

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the chicken

- Preheat oven to 240°C/220°C fan-forced.
- Season half chicken with a good pinch of salt and pepper.
- In a small bowl, combine garlic & herb seasoning and a drizzle of olive oil. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Sear chicken, skin-side down first, until browned, 4-5 minutes each side.
- Transfer seared chicken to a lined oven tray. Brush with garlic-herb mixture. Roast until cooked through, 25-30 minutes. Cover and set aside to rest for 5-10 minutes.

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



Make the green olive sauce

- · Return frying pan to medium-high heat with a drizzle of olive oil. Cook onion, olives and currants until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add the honey, the red wine vinegar, the water, vegetable stock powder and remaining butter. Cook, stirring, until slightly reduced, 1-2 minutes.
- · Remove from heat. Stir through parsley.

TIP: Green olives have a strong flavour, use less if desired!



Make the Parmesan mash

- · When the chicken has 20 minutes remaining, bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Cook **potato** in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain **potato**, then return to pan. Add the **milk**, grated Parmesan cheese and 1/2 the butter. Season generously with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Get prepped

- While the potato is cooking, thinly slice **pear**.
- Thinly slice red onion.
- · Roughly chop green olives, semi-dried tomatoes and parsley.
- Finely chop garlic.



Toss the salad

- · Combine salad leaves, semi-dried tomatoes and **pear** in a medium bowl.
- Just before serving, add Italian dressing. Toss to coat.



Serve up

- · Slice chicken in half.
- Divide Sicilian-style roast chicken, Parmesan mash, and semi-dried tomato salad between plates.
- Top chicken with green olive sauce and **pine nuts** to serve. Enjoy!

Rate your recipe

