

Sicilian-Style Roast Chicken & Green Olive Sauce

with Parmesan Mash & Semi-Dried Tomato Salad

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Potato



Pear



Red Onion



Parsley



Garlic



Currants



Vegetable Stock Powder



Salad Leaves



Italian Dressing



Pine Nuts



Half Chicken



Grated Parmesan Cheese



Green Olives



Semi-Dried Tomatoes

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.

Pantry items

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

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

| | 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 | ¼ 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* | ¼ 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

2022 | CW31



1



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.

4



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!

2



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.

5



Toss the salad

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

3



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**.

6



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!

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