

Chicken Roast

with Stuffing and Gravy

hellóchef

Enjoy this stripped back version of a classic English roast dinner.

Cals 872 • Prot 60 • Carbs 91 • Fat 30

hellochef.com • 04-383-93-99 • hello@hellochef.com



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Roast	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Potatoes	600	900	1200	Grams
Carrot	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Stuffing				
Water	100	150	200	ML
Spring onion	40	60	80	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	2	2	Piece
Butter 4*	50	50	100	Grams
Dried thyme	2	2	4	Grams
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Garlic powder	5	8	10	Grams
Gravy & Sides				
Butter 4*	10	20	20	Grams
Plain flour 10*, 11*	10	20	20	Grams
Water	200	350	400	ML
Worcestershire sauce 6*, 11*	15	22	30	ML
Black pepper	0.5	0.5	1	Tsp
Green peas	200	250	375	Grams
Cranberry sauce	50	100	100	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *12 Lupin, *6 Fish

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3636 / 872
Fat (g)	30
of which saturates (g)	18.6
Carbohydrate (g)	91
of which sugars (g)	23
Fiber (g)	15.5
Protein (g)	59.8
Salt (g)	4.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to a boil. Peel the **potatoes** and chop any large ones in half. Add them to a pot of boiling salted water and cook over a high heat for 15 min. Drain and reserve the pot.

Tip! Prepping ahead? Boil the potatoes and make the stuffing balls beforehand. Roast both in time for dinner.



2 Prep

Meanwhile, boil the **measured water** for the stuffing. Peel the **carrots** and slice them into chunky **fries**. Trim and finely slice the **spring onion**. In a large bowl, dissolve the {0.5/1/1} **chicken stock cube** with the boiled **water**. Add the 50/50/100g **butter** to the **stock**. Once melted, add the **spring onion, dried thyme, bread crumbs** and **garlic powder**. Stir until the mixture comes together and set aside.

Tip! The stuffing mixture should hold its form when pressed together.



3 Roast potatoes

Add the cooked **potatoes** to a lined baking tray. Drizzle the **potatoes** with **oil** and a generous pinch of **salt**. Bake for 30 min or until the **potatoes** are crispy and browned.



4 Roast

Meanwhile, divide the **stuffing** mixture into {6/9/12} balls and place them onto one half of a second, lined baking tray and flatten them slightly. Place the **carrots** on the other side of the tray with a drizzle of **oil**, season with **salt** and **pepper** and roast for 20 min. Add the **chicken** onto the tray and bake for 8-10 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat – if the juices run clear, it's ready!



5 Make gravy

Meanwhile, heat a pan over a medium heat with the remaining **butter**. Add the **flour** and stir for 1 min until a paste forms. Gradually whisk in the **measured water, Worcestershire sauce** and the remaining {0.5/1/1} **chicken stock cube**. Cook for 2-3 min until thickened. Season generously with **black pepper**. Set aside.



6 Serve

Once the **chicken** has 5 min left, return the reserved pot with salted water and bring to a boil. Once boiling, cook the **peas** in it for 2-3 min, then drain. Slice the **chicken breast** and serve alongside the **potatoes, peas, gravy, stuffing, carrots** and a dollop of **cranberry sauce**.