



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

**Cooking Time: 45 min**

**Cals 939 | Prot 64 | Carbs 105 | Fat 33**

#### Tips For Fussy Eaters

Swap the gravy for ketchup!

#### Pro Tip

To prep ahead, boil the potatoes beforehand. Roast both in time for dinner.

## Ingredients

For 2 For 3 For 4

### Roast Chicken and Veg

Chicken breast	450	500	600	Grams
Potatoes	600	900	1200	Grams
Salt	1	1	2	Tsp
Carrot	2	3	4	Piece
Vegetable oil	2	3	4	Tbsp

### Stuffing

Spring onion	40	60	80	Grams
Water	140	210	280	ML
Chicken stock cube	1	2	2	Piece
Salted butter	50	50	100	Grams
Garlic powder	5	8	10	Grams
Dried thyme	2	2	4	Grams
Panko bread crumbs	60	90	120	Grams
Black pepper	0.5	1	1	Tsp

### Gravy & Sides

Salted butter	10	20	20	Grams
Plain flour	10	15	20	Grams
Water	250	375	500	ML
Worcestershire sauce	15	22	30	ML
Black pepper	0.5	1	1	Tsp
Green peas	200	250	375	Grams
Cranberry sauce	50	100	100	Grams



### 1 Prep potatoes

Preheat the oven to 200°C/180°C fan. 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 10-15 min or until fork-tender. Once tender, drain and leave to steam dry for 5 min.



### 2 Prep carrots and stuffing

Meanwhile, peel the **carrots** and slice them into chunky fries. Finely slice the **spring onion**. Boil the **water** for the stuffing. In a large bowl, dissolve 0.5/1/1 **chicken stock cube** in the boiled **water**. Add the stuffing **butter, garlic powder, chopped spring onion, dried thyme** and **panko bread crumbs**. Stir. Set aside.



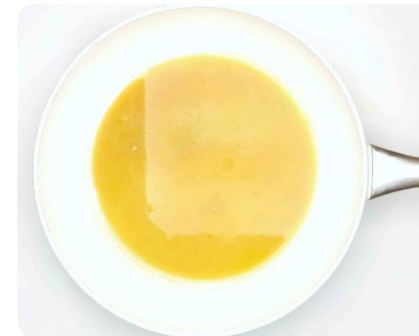
### 3 Roast potatoes

Add the cooked **potatoes** to an oiled baking tray. Drizzle the **potatoes** with a large glug of **vegetable oil** and sprinkle with a generous pinch of **salt**. Bake for 30 min or until the **potatoes** are crispy and browned.



### 4 Roast chicken and stuffing

Meanwhile, divide the **stuffing** mixture into 6/9/12 balls and place them onto one half of a second, oiled baking tray. Place the **carrots** on the other side of the tray and top with the **chicken**. Drizzle with **oil**, season with **salt** and **pepper** and roast for 20-25 min or until the **chicken** is cooked through (no pink meat!)



### 5 Make gravy

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



### 6 Cook peas

Cook the **peas** in boiling water for 2-3 min, then drain. Slice the **chicken breast** and serve it alongside the **potatoes, peas, gravy, stuffing, carrots** and a dollop of **cranberry sauce**.



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