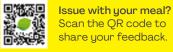


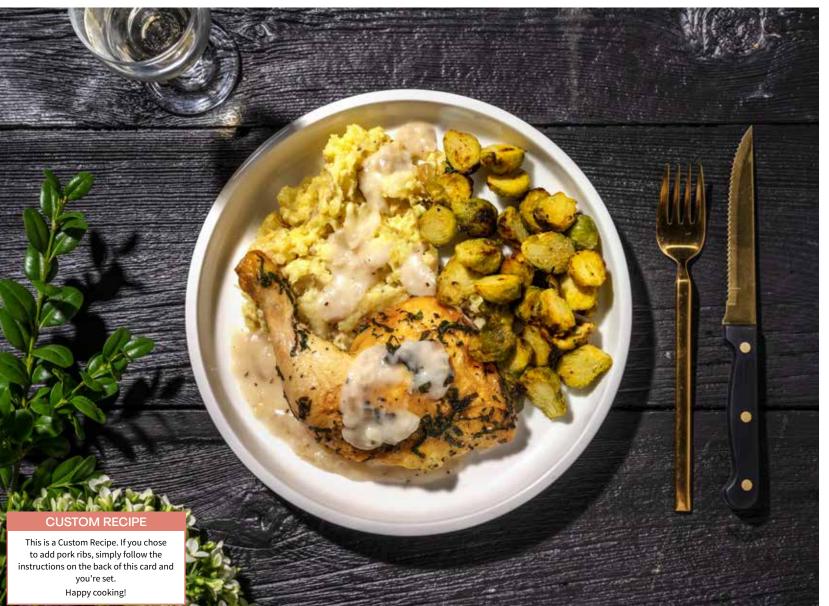
Herby Roasted Chicken

with Honey-Mustard Brussels Sprouts and Garlicky Smashed Potatoes



Special

45 Minutes





Spatchcock Chicken





Brussels Sprouts



Parsley and Thyme

Dijon Mustard





Yellow Potato



Garlic, cloves



Zesty Garlic Blend





All-Purpose Flour



Chicken Broth Concentrate



Shallot

HELLO THYME

Start here

- Before starting, preheat the oven to
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps 4 person Ingredient

oil

Bust out

2 Baking sheets, colander, measuring spoons, potato masher, silicone brush, small pan, large bowl, parchment paper, small bowl, measuring cups, whisk, large pot, large non-stick pan

Ingredients

ingi calcine		
	2 Person	4 Person
Spatchcock Chicken	550 g	1100 g
BBQ Pork Ribs, fully cooked	728 g	1456 g
Brussels Sprouts	227 g	454 g
Parsley and Thyme	14 g	21 g
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Yellow Potato	400 g	800 g
Garlic, cloves	4	8
Zesty Garlic Blend	1 tbsp	2 tbsp
Cream	56 ml	113 ml
All-Purpose Flour	1 tbsp	2 tbsp
Chicken Broth Concentrate	2	4
Shallot	50 g	100 g
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook chicken and pork ribs to a minimum internal temperature of 74°C/165°F and 71°C/160°F, respectively, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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Cook chicken

- Strip 1/2 tbsp (1 tbsp) thyme leaves from stems, then finely chop.
- Roughly chop parsley.
- Add thyme, parsley, Zesty Garlic Blend and 1 tbsp (2 tbsp) oil to a small bowl. Season with salt and pepper, then stir to combine.
- Arrange chicken on a parchment-lined baking sheet, skin-side up. Brush with herb mixture.
- Roast in the **bottom** of the oven, switching to the **top** halfway through, until golden-brown and cooked through, 30-35 min.** (NOTE: For 4 ppl, cook for 40-45 min.)



Prep veggies and start potatoes

- Meanwhile, peel, then mince or grate garlic.
- Peel, then cut **shallot** into ¼-inch pieces.
- Halve Brussels sprouts (if larger, quarter them).
- Cut **potatoes** into 1-inch pieces.
- · Add potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.



Roast Brussels sprouts

- Meanwhile, combine honey, Dijon,
- 1 tbsp (2 tbsp) warm water and
- 1 tbsp (2 tbsp) oil in a large bowl.
- Add Brussels sprouts. Season with salt and pepper, to taste, then toss to coat.
- Arrange Brussels sprouts on another parchment-lined baking sheet.
- Roast in the **middle** of the oven, until goldenbrown and tender, 16-20 min.

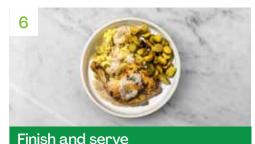


Finish potatoes

- · Meanwhile, heat a small pan over medium heat.
- When hot, add 2 tbsp (4 tbsp) butter and half the garlic. Cook, stirring often, until garlic is fragrant, 1-2 min. Add cream, then stir to combine. Remove from heat.
- Drain and return potatoes to the same pot, off heat.
- Roughly mash garlic butter-cream mixture into potatoes, until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with salt and pepper, to taste.
- Cover with a lid to keep warm.



- · Heat a large non-stick pan over medium-high
- When hot, add **2 tbsp** (4 tbsp) **butter**, then shallots and remaining garlic. Cook, stirring often, until **shallots** soften, 1-2 min.
- Sprinkle **flour** over **shallots**. Cook, stirring often, until shallots and garlic are coated, 1-2 min.
- Add broth concentrates and
- 1 cup (2 cups) water. Bring to a boil.
- Once boiling, reduce heat to medium. Season with salt and pepper, to taste. Cook, stirring often, until gravy thickens, 2-3 min.



- Carve herby roasted chicken.
- Whisk any juices from the baking sheet into the pan with **gravy**.
- Divide chicken, roasted Brussels sprouts and smashed potatoes between plates.
- Spoon gravy over chicken and smashed potatoes.

If you've opted to add **pork ribs**, when **Brussels sprouts** are done, transfer them to a plate. Remove ribs from packaging. Line the same baking sheet with foil and arrange **ribs**, then brush **BBQ sauce** all over. Roast in the **middle** of the oven until warmed through, 12-14 min.** Divide **ribs** between final plates.

Dinner Solved!