



Roast Chicken and Rich Onion Gravy

with Sweet Potato Mash and Cauliflower

Special

45 Minutes



Spatchcock Chicken



Sour Cream



Sweet Potato



Parsley



Lemon-Pepper Seasoning



Onion, chopped



Cauliflower, florets



Chicken Demi-Glace



All-Purpose Flour



Garlic Puree

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 baking sheets, measuring spoons, potato masher, strainer, medium pot, parchment paper, large pot, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Spatchcock Chicken ♦	½	1
Sour Cream	3 tbsp	6 tbsp
Sweet Potato	340 g	680 g
Parsley	7 g	14 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Onion, chopped	113 g	227 g
Cauliflower, florets	285 g	570 g
Chicken Demi-Glace	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

**Cook to a minimum internal temperature of 74°C/165°F, 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 our meal kit labels for the most current allergen 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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Roast chicken

Pat **chicken** dry with paper towels, then drizzle over **1 tbsp oil** (dbl for 4 ppl) and sprinkle with **half the Lemon-Pepper Seasoning**. Arrange **chicken** on a parchment-lined baking sheet. Roast in the **bottom** of the oven, rotating to **top** halfway through, until golden-brown and cooked through, 30-35 min.** (**NOTE:** For 4 ppl, cook for 40-45 min.**)



Make gravy

While **sweet potatoes** cook, heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until tender, 3-4 min. Add **garlic puree** and **flour**. Cook, stirring often, until **onions** are coated, 1 min. Add **demi-glace** and **¾ cup water** (dbl for 4 ppl). Bring to a gentle boil. Cook, stirring often, until **gravy** is slightly thickened, 3-4 min. Remove pot from heat, then season with **salt and pepper**.



Roast cauliflower

While **chicken** roasts, add **cauliflower**, **remaining Lemon-Pepper Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to another parchment-lined baking sheet. Season with **salt**, then toss to combine. Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 20-22 min.



Mash sweet potatoes

Roughly chop **parsley**. When **sweet potatoes** are done, drain and return to the same pot, off heat. Mash **sour cream** and **1 tbsp butter** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt and pepper**. Stir in **half the parsley**. Cover to keep warm and set aside.



Cook sweet potatoes

While **chicken** and **cauliflower** roast, peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (approx. 1-2 inches) in 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, stirring occasionally, until fork-tender, 10-12 min.



Finish and serve

When **chicken** is done, let rest for 4-5 min, then carve. Stir any **chicken drippings** from the baking sheet into **gravy**. Divide **chicken**, **cauliflower** and **sweet potato mash** between plates. Spoon **gravy** over **chicken**. Sprinkle **remaining parsley** over top.

Dinner Solved!