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## Roast Chicken and Vegetables

with Honey Garlic Gravy



30-40min



4 Portions

Roast chicken, vegetables and gravy on the table in only 35 minutes.... done! Our speedy version of this classic family dinner doesn't compromise on flavour - we've used chicken breast with the skin on, baby carrots, potato and a honey and garlic gravy that will have the kids and adults asking for seconds. If you want to reduce the fat intake even further, you can always remove the skin from the ...

## What we send

- baby dutch carrots
- free-range chicken breast fillets, skin on
- parsley and 2 garlic cloves
- potatoes

## What you'll require

- butter<sup>7</sup>
- Australian honey
- olive oil
- salt and pepper
- white wine vinegar<sup>17</sup>

## Utensils

- baking paper
- large frypan
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 500.0kcal, Fat 11.0g, Proteins 47.3g, Carbs 47.3g



### 1. Prepare vegetables

Preheat oven to 220C. Cut the **potatoes** into 2cm-thick slices. Line an oven tray with baking paper. Trim the green tops and clean the **carrots**, removing any dirt. Cut any large carrots in half lengthwise. If your kids prefer, peel the carrots.



### 2. Roast vegetables

Toss the **potato, garlic** (unpeeled) and **carrots** with 1 tbs **oil** on a lined oven tray and season with **salt and pepper**. Roast for 20 mins.



### 3. Brown chicken

Meanwhile, heat 1 tbs **oil** in a large frypan over medium-high heat. Season the **chicken** with **salt** and cook for 5 mins each side or until browned. Save pan for step 5.



### 4. Roast chicken and veggies

Transfer the **chicken** to the tray with the **vegetables** and roast for a further 5-10 mins until vegetables are tender and chicken is cooked through.



### 5. Make sauce

Remove tray from oven and pour any pan juices into the frypan from step 3. Squeeze **garlic** from roasted skin and add to pan with 20g **butter**, 1 tsp **honey** and 1 tsp **white wine vinegar**. Cook for 1-2 mins until slightly reduced.



### 6. Get ready to serve

Pick the **parsley** leaves (discard stems). Transfer **chicken** and **vegetables** to a platter. Top with parsley leaves and serve with **garlic gravy**.