



Herby Roasted Chicken

with Honey-Mustard Broccoli and Garlicky Smashed Potatoes

Special

45 Minutes



Spatchcock Chicken



Broccoli, florets



Parsley and Thyme



Honey



Dijon Mustard



Yellow Potato



Garlic, cloves



Chicken Salt



Cream



All-Purpose Flour



Chicken Broth Concentrate



Shallot



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HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

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

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

	2 Person	4 Person
Spatchcock Chicken *	550 g	1100 g
Broccoli, florets	227 g	454 g
Parsley and Thyme	14 g	21 g
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Yellow Potato	480 g	960 g
Garlic, cloves	4	8
Chicken Salt	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 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 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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1



Cook chicken

- Strip **½ tbsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop.
- Roughly chop **parsley**.
- Add **thyme, parsley, half the chicken salt** and **1 tbsp oil** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Arrange **chicken** on a parchment-lined baking sheet. Brush with **herb mixture**.
- Roast **chicken** in the **bottom** of the oven, switching to **top** halfway through, until golden-brown and cooked through, 30-35 min. **
(NOTE: For 4 ppl, cook for 40-45 min.)

4



Finish potatoes

- Meanwhile, heat a small pan over medium heat.
- When hot, add **2 tbsp butter** (dbl for 4 ppl) and **half the garlic**. Cook, stirring often, until **garlic** is fragrant, 1-2 min. Add **cream**, then stir to combine. Remove the pan from heat.
- Drain and return **potatoes** to the same pot, off heat.
- Roughly mash **garlic-butter cream** 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.

2



Prep veggies and start potatoes

- Meanwhile, peel, then mince or grate **garlic**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Cut **broccoli** into bite-sized pieces.
- 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.

5



Make gravy

- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp butter** (dbl for 4 ppl), 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 concentrate, remaining chicken salt** and **1 cup water** (dbl for 4 ppl). Bring to a boil. Once boiling, reduce heat to medium. Season with **pepper**. Cook, stirring often, until **gravy** thickens, 2-3 min.

3



Roast broccoli

- Meanwhile, combine **honey, Dijon, 1 tbsp warm water** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl.
- Add **broccoli**. Season with **salt** and **pepper**, to taste, then toss to coat.
- Arrange **broccoli** on another parchment-lined baking sheet.
- Roast in the **bottom** of the oven until golden-brown and tender, 14-18 min.

6



Finish and serve

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

Dinner Solved!