

Sicilian-Style Roast Chicken Feast

with Onion Sauce, Parmesan Mash & Semi-Dried Tomato Salad

TASTE TOURS

Grab your meal kit with this number

16



Half Chicken



Garlic & Herb Seasoning



Potato



Parmesan Cheese



Pear



Brown Onion



Semi-Dried Tomatoes



Garlic



Chicken Stock Pot



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Pine Nuts

Prep in: 20-30 mins
Ready in: 40-50 mins

A garlicky roasted half chook is the perfect match for a caramelised onion sauce that's all the things: savoury, salty and a touch sweet! Serve with some moreish sides and don't forget a sprinkle of pine nuts for some extra buttery flavour and crunch.

Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
half chicken	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
potato	2	4
milk*	2 tbs	¼ cup
Parmesan cheese	1 medium packet	1 large packet
butter*	50g	100g
pear	1	2
brown onion	1	2
semi-dried tomatoes	1 packet	2 packets
garlic	2 cloves	4 cloves
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	½ tbs
chicken stock pot	1 small packet	1 medium packet
water*	2 tbs	¼ cup
spinach & rocket mix	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 packet	2 packets
pine nuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5225kJ (1248Cal)	596kJ (142Cal)
Protein (g)	92.8g	10.6g
Fat, total (g)	76.2g	8.7g
- saturated (g)	30.2g	3.4g
Carbohydrate (g)	51.5g	5.9g
- sugars (g)	23.3g	2.7g
Sodium (mg)	1514mg	173mg
Dietary Fibre (g)	10.1g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Roast the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- Season **half chicken** with a good pinch of **salt** and **pepper**.
- In a small bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Sear **chicken**, skin-side down first, until browned, **4-5 minutes** each side.
- Transfer **seared chicken** to a lined oven tray. Brush with **garlic-herb mixture**. Roast until cooked through, **25-30 minutes**. Set aside to rest for **5-10 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Make the sauce

- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add the **balsamic vinegar**, the **brown sugar**, **chicken stock pot** and the **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Remove pan from heat, then stir through remaining **butter**. Transfer to a second small bowl.



Make the Parmesan mash

- When the chicken has **20 minutes** remaining, bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **milk**, **Parmesan cheese** and half the **butter**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Toss the salad

- In a medium bowl, combine **spinach & rocket mix**, **semi-dried tomatoes** and **pear**.
- Just before serving, add **balsamic vinaigrette dressing**. Toss to coat.



Get prepped

- While the potato is cooking, thinly slice **pear** and **brown onion**.
- Roughly chop **semi-dried tomatoes**.
- Finely chop **garlic**.



Finish & serve

- Carve chicken in half.
- Divide Sicilian-style roast chicken, Parmesan mash and semi-dried tomato salad between plates.
- Top chicken with onion sauce and **pine nuts** to serve. Enjoy!

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