



Product Spotlight: Urban Forager

Urban Forager stock concentrates use 100% Australian ingredients, are locally produced here in WA and are made with real ingredients!



Classic Roast Chicken Dinner

Roast tarragon chicken breast fillets and root vegetable medley served with a simple onion gravy and broccolini.



35 minutes



2 servings



Chicken

Different flavours

You can use a fresh herb like chopped rosemary, oregano or thyme on the chicken or in the gravy if you have some. Add some lemon zest or garlic as well.

Per serve: **PROTEIN** 46g **TOTAL FAT** 7g **CARBOHYDRATES** 34g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOTS	2
MEDIUM POTATOES	2
TARRAGON HERB MIX	1 packet
CHICKEN BREAST FILLET	300g
BROWN ONION	1
CHICKEN STOCK PASTE	1 jar
BROCCOLINI	1 bunch

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, cornflour, dried oregano

KEY UTENSILS

2 oven trays, frypan

NOTES

If you have extra space on the oven tray with vegetables, you can add the chicken to this tray instead.

Halve any larger broccolini stems lengthways. Add to tray to roast for the last 10 minutes if you prefer!

Tarragon herb mix: dried tarragon, dried rosemary, garlic powder



1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub **carrots**. Wedge **beetroots** and **potatoes** into even size pieces. Toss all on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



2. ROAST THE CHICKEN

Slash **chicken** and coat with **tarragon herb mix, oil, salt and pepper**. Place on a second lined oven tray and roast for 20 minutes or until cooked through (see notes).



3. COOK THE ONION

Slice **onion**. Add to a frypan with **2 tbsp oil or butter**. Cook over medium heat for 5 minutes or until softened. Stir in **2 tsp oregano** and **1/2 jar of stock** (see notes).



4. FINISH THE GRAVY

Mix **3 tsp cornflour** with **1 cup water**. Add to frypan with **onion** and simmer, stirring, for 3–4 minutes until thickened. Adjust seasoning with **pepper** to taste. Transfer to a serving bowl.



5. COOK THE BROCCOLINI

Wipe frypan clean and place over medium-high heat. Trim **broccolini** (see notes) and add to pan with **1/4 cup water**. Cover and cook for 4–5 minutes or until tender.



6. FINISH AND SERVE

Slice **chicken** (you can add any resting sauces to the gravy!). Serve with **roasted vegetables, broccolini** and **onion gravy** at the table.



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