



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.

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.

 35 minutes

 4/6 servings

 Chicken

Per serve: **PROTEIN** 43g **TOTAL FAT** 7g **CARBOHYDRATES** 35g

FROM YOUR BOX

	4 PERSON	6 PERSON
DUTCH CARROTS	1 bunch	2 bunches
BETROOTS	3	4
MEDIUM POTATOES	3	4
TARRAGON HERB MIX	1 packet	2 packets
CHICKEN BREAST FILLETS	600g	600g + 300g
BROWN ONION	1	1
CHICKEN STOCK PASTE	1 jar	1 jar
BROCCOLINI	1 bunch	2 bunches

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays, frypan

NOTES

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.



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**.

6P – stir in **3 tsp oregano** and **1 jar of stock**.



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.

6P – use **1 1/2 tbsp cornflour** with **2 cup water**.



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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