



Product Spotlight: Dutch Carrots

It is often forgotten that the carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



Tarragon Roast Chicken

with Garlic Lemon Dressing

A classic roast chicken, made for sharing. This roast chicken is flavoured with a dried herb mix of tarragon and rosemary, served with roasted red potatoes, carrots and onion, tender broccoli and finished with a garlic and lemon dressing.



45 minutes



2 servings



Chicken

Mix it up!

Switch the roast potatoes to mash!

Roughly chop potatoes, boil until tender and mash with milk, cream, butter, cheese or olive oil for extra flavour

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	9g	78g

FROM YOUR BOX

SPLIT CHICKEN	1/2
TARRAGON HERB MIX	1 packet
LEMON	1
RED POTATOES	3
DUTCH CARROTS	1 bunch
RED ONION	1
GARLIC	1 bulb
BROCCOLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice, cornflour

KEY UTENSILS

frypan, 2 oven trays

NOTES

Slashing the chicken helps reduce the cook time in the oven as well as allowing more surface area for the marinade.

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



1. ROAST THE CHICKEN

Set oven to 220°C.

Slash **chicken** to the bone (see notes). Coat chicken with **oil**, **tarragon herb mix**, **lemon** zest (reserve remaining lemon for step 4), **salt and pepper**. Place on a lined oven tray and roast for 35–40 minutes until chicken is cooked through.



4. MAKE THE DRESSING

Squeeze roasted garlic cloves into reserved pan along with any roasting juice from chicken, juice from reserved lemon, **1/3 cup water**, **crumbled stock cube** and **1 tbsp cornflour**. Whisk to cook for 2–3 minutes until thickened.



2. ROAST THE VEGETABLES

Roughly chop **potatoes**. Trim and scrub **carrots**. Wedge **onion**. Halve **garlic** bulb. Place on a second lined oven tray cut-side down along with prepared vegetables. Toss with **oil**, **salt and pepper**. Roast for 20–25 minutes until tender.



5. FINISH AND SERVE

Serve chicken, vegetables and garlic lemon dressing tableside.



3. COOK THE BROCCOLI

Cut **broccoli** into florets. Heat a frypan over medium–high heat. Add broccoli along with **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Remove from pan and season with **salt and pepper**. Keep pan over heat.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

