

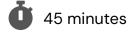




Tarragon Roast Chicken

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.







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

FROM YOUR BOX

SPLIT CHICKEN	1
TARRAGON HERB MIX	1 packet
LEMON	1
RED POTATOES	800g
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 5), 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.



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.



5. FINISH AND SERVE

Serve chicken, vegetables and garlic lemon dressing tableside.



