



### 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



4/6 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
4/6 Person:	40g/42g	15g/18g	45g/28g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SPLIT CHICKEN	1	1 1/2
TARRAGON HERB MIX	1 packet	2 packets
LEMON	1	1
RED POTATOES	800g	1.2kg
DUTCH CARROTS	1 bunch	2 bunches
RED ONION	1	1
GARLIC	1 bulb	1 bulb
BROCCOLI	1	2

## 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 with **oil, tarragon herb mix, lemon zest, 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, lemon juice, 1/3 cup water, crumbled stock cube** and **1 tbsp cornflour**. Whisk to cook for 2–3 minutes until thickened.

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



### 2. ROAST THE VEGETABLES

Roughly chop **potatoes**. Trim and scrub **carrots**. Wedge **red onion**. Halve **garlic bulb**. Place on a 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 **1/2 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

