



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

ROASTED CHICKEN WITH CRISPY POTATOES, CARROTS, BROCCOLI & VERJUICE GRAVY



PREP
20 min



COOK
1½ hrs



SERVES
4

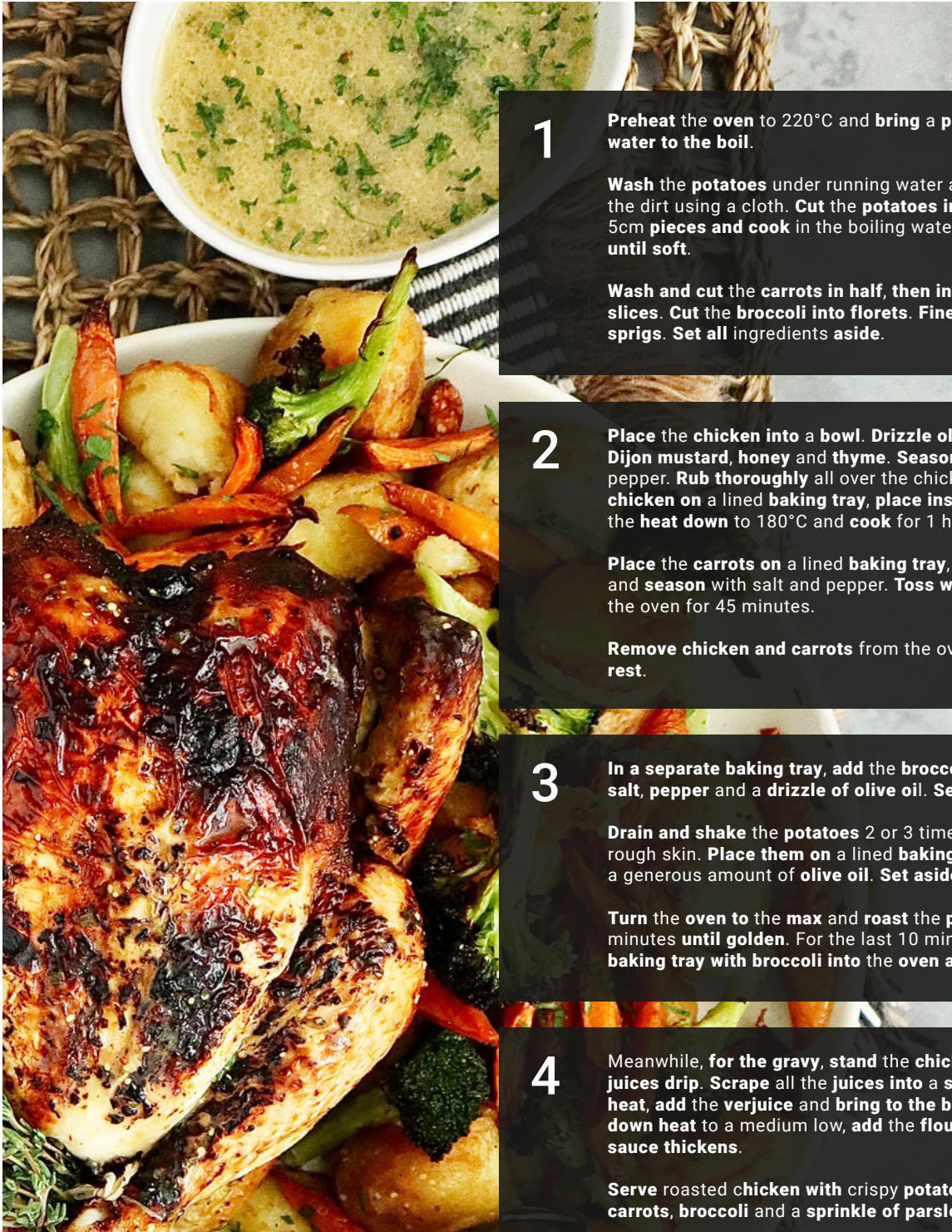
INGREDIENTS:

- > 1kg Potatoes
- > 1.5-1.9kg Whole Chicken
- > 400g Carrots
- > 1 Broccoli Head
- > ¼ Bunch Fresh Thyme

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Cup Verjuice
- > 1 Tbsp Flour
- > 1 Tbsp Dijon Mustard
- > 1 Tbsp Honey
- > 1 Tbsp Seeded Mustard
- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat the oven to 220°C and bring a pot with salted water to the boil.

Wash the potatoes under running water and remove all the dirt using a cloth. **Cut the potatoes into** approximately 5cm **pieces and cook** in the boiling water for 30 minutes **until soft.**

Wash and cut the carrots in half, then into ½ cm diagonal slices. Cut the broccoli into florets. Finely chop 6 thyme sprigs. Set all ingredients aside.

2

Place the chicken into a bowl. Drizzle olive oil. Add the Dijon mustard, honey and thyme. Season with salt and pepper. **Rub thoroughly** all over the chicken. **Place the chicken on** a lined **baking tray, place inside** the oven. **Turn the heat down** to 180°C and **cook** for 1 hour.

Place the carrots on a lined **baking tray, drizzle olive oil** and **season** with salt and pepper. **Toss well and cook** in the oven for 45 minutes.

Remove chicken and carrots from the oven and **set to rest.**

3

In a separate baking tray, add the broccoli, season with salt, pepper and a **drizzle of olive oil. Set aside.**

Drain and shake the potatoes 2 or 3 times to create a rough skin. **Place them on** a lined **baking tray** and **drizzle** a generous amount of **olive oil. Set aside.**

Turn the oven to the max and roast the potatoes for 20 minutes **until golden.** For the last 10 minutes, **place the baking tray with broccoli** into the **oven and cook.**

4

Meanwhile, **for the gravy, stand the chicken and let** all the **juices drip. Scrape** all the **juices into a small pot on a high heat, add the verjuice** and **bring to the boil.** Then **turn down heat** to a medium low, **add the flour** and **whisk until sauce thickens.**

Serve roasted **chicken with crispy potatoes, roasted carrots, broccoli** and a **sprinkle of parsley.**

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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