



DropChef **Speedy French Roast Chicken with Vegetables**

This dish takes all the stress out of cooking the perfect roast. It's an easy one-tray roast chicken dish and a French Roast Chicken is an absolute favorite in any household!

This roast chicken on a bed of root vegetables is succulent flavors, juicy meat all around, and crispy golden skin.

Nutritional Info

Calories: 454.5 kcal
Carbohydrates: 50 g
Protein: 14.5 g
Fat: 46.5 g

Ingredients

- Chicken Supreme
- Fresh Thyme
- Natural Yogurt
- Baby Potatoes
- Carrot
- Banana Shallot
- Garlic Clove
- Dijon Mustard

Your Pantry

- Olive Oil / Rapeseed oil

Allergens


Dairy (Yogurt)
Mustard (Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Pre-heat the Oven

Turn the oven on to 200°C.

2) Prepare the Herbs & Vegetables

Chop the baby potatoes into halves. Peel the carrots and then chop them into similar sized pieces. Remove the outer skin from the shallot and slice it. Strip the thyme leaves away from the stalk. Finely chop the thyme leaves and set aside.

3) Put on the Roast on

Put the chicken, baby potatoes, carrots, shallot and whole garlic cloves in a roasting tray and season everything with salt & pepper. Drizzle some oil over everything and then scatter the chopped thyme over the chicken and vegetables. Roast everything for 20 – 25 minutes until the chicken is cooked through and the vegetables have crisped up nicely.

4) Make the Sauce

While the chicken and vegetables are roasting, in a small bowl combine the natural yogurt and dijon mustard to make a simple side sauce.

5) Plate the dish

When the chicken has cooked through plate the dish with the sauce on the side.



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