

Honey Mustard Chicken on a Bed of Roast Veggies

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the oven, giving a crispy, gooey finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and fuses with a bed of delicious roast veggies.



Prep: 15 mins Cook: 40 mins Total: 55 mins





high protein



Pantry Items













Zucchini



Chicken Thigh



Sweet Potatoes





2P	4P	Ingredients	
1/2	1	red onion, cut into wedges	
1	2	zucchini, cut into 3 cm thick half moons	
400 g	800 g	sweet potatoes, unpeeled and cut into 3 cm pieces	
2 tbs	4 tbs	olive oil *	
1 tbs	2 tbs	honey *	
1 tbs	2 tbs	seeded mustard *	
1 clove	2 cloves	garlic, peeled & crushed	
1 tsp	2 tsp	white wine vinegar *	
350 g	700 g	chicken thighs	
⅓ bunch	⅔ bunch	parsley, finely chopped	4

#	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

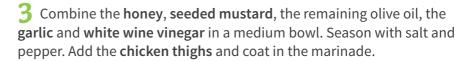
Energy	2520	Kj
Protein	39.8	g
Fat, total	28.3	g
-saturated	5.9	g
Carbohydrate	43.5	g
-sugars	24	g
Sodium	449	mg

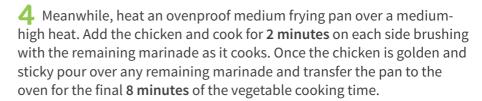
Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, garlic crusher, tongs, baking paper lined oven tray, medium bowl, medium baking dish and an ovenproof medium frying pan.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Place red onion, zucchini and sweet potato in a medium baking dish and drizzle with half of the olive oil. Toss to coat everything really well. Season with salt and pepper. Cook in the oven for 35-40 minutes.





5 To serve divide chicken and vegetables between plates. Pour any excess honey and mustard sauce over the chicken and vegetables. Garnish with **parsley**.







Did you know? Honey stored in an air tight container will never spoil.