



# All-American Honey Chicken

with Roast Potato Chunks & Spring Onion Sour Cream

KID FRIENDLY

BEST SELLER

Grab your Meal Kit with this symbol



Potato



Chicken-Style Stock Powder



All-American Spice Blend



Chicken Thigh



Spring Onion



Light Sour Cream



Snacking Tomatoes



Mixed Salad Leaves



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

We've teamed tonight's winner chicken dinner with our new favourite seasoning for roast potatoes. Complete the dish with a cherry tomato-adorned salad for a touch of sweetness and acidity, plus sour cream for some tang.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
chicken-style stock powder	1 medium sachet	1 large sachet
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
<b>water*</b>	1 tbs	2 tbs
chicken thigh	1 small packet	2 small packets OR 1 large packet
<b>honey*</b>	2 tbs	¼ cup
spring onion	1 stem	2 stems
light sour cream	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2053kJ (491Cal)	377kJ (90Cal)
Protein (g)	37.9g	7g
Fat, total (g)	15.3g	2.8g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	48.3g	8.9g
- sugars (g)	26.6g	4.9g
Sodium (mg)	967mg	178mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1997kJ (477Cal)	367kJ (88Cal)
Protein (g)	40.2g	7.4g
Fat, total (g)	12.7g	2.3g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	48.3g	8.9g
- sugars (g)	26.6g	4.9g
Sodium (mg)	957mg	176mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the potato

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **chicken-style stock powder** and season with **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the potato between two trays.

4



## Make the onion sour cream

- While chicken is cooking, thinly slice **spring onion**.
- In a small bowl, combine **light sour cream** and **spring onion**. Season with **salt** and **pepper** to taste.

2



## Get prepped

- Meanwhile, in a medium bowl combine **All-American spice blend**, the **water** and a drizzle of **olive oil**. Add **chicken thigh**, season with **pepper**, then turn to coat.

**Little cooks:** Help toss the chicken with the spice blend.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Add chicken to spice blend as above.

5



## Make the salad

- Halve **snacking tomatoes**.
- In a large bowl, combine a drizzle of the **vinegar** and **olive oil**. Season, then add **tomatoes** and **mixed salad leaves**. Toss to coat.

3



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- Remove from heat, then add the **honey**, turning the **chicken** until well coated.

**TIP:** The spice blend will char slightly in the pan. This adds to the flavour!

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks, in batches, until cooked through, 3-6 minutes each side (when it's no longer pink inside). Remove from heat then add the honey, turning to coat.

6



## Serve up

- Divide All-American honey chicken, roast potato chunks and salad between plates.
- Spoon any juices from the pan over chicken.
- Dollop over spring onion sour cream to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)