



Spiced Chicken & Brussels Sprouts Toss

with Honey Mustard Dressing

NEW KID FRIENDLY CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Brussels Sprouts



Chicken Breast



Aussie Spice Blend



Dijon Mustard



Baby Spinach Leaves



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Reduced

Eat Me Early

A crispy stack of Brussels sprouts and potatoes create the base for a chicken dish of joyous proportions. Tender slices of chicken are adorned in our Aussie spice to take things up a notch. Now, if that doesn't sound like heaven on earth, we don't know what does!

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

Pantry items

Olive Oil, Honey

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
olive oil*	refer to method	refer to method
potato	2	4
Brussels sprouts	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
Dijon mustard	½ medium packet	1 medium packet
baby spinach leaves	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1541kJ (368Cal)	316kJ (76Cal)
Protein (g)	45.7g	9.4g
Fat, total (g)	8.1g	1.7g
- saturated (g)	1.6g	0.3g
Carbohydrate (g)	26g	5.3g
- sugars (g)	6.3g	1.3g
Sodium (mg)	695mg	143mg
Dietary Fibre (g)	8.8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2257kJ (539Cal)	346kJ (83Cal)
Protein (g)	82.4g	12.6g
Fat, total (g)	10.6g	1.6g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	26.2g	4g
- sugars (g)	6.3g	1g
Sodium (mg)	765mg	117mg
Dietary Fibre	8.9g	1.4g

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 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 veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-size chunks.
- Halve **Brussels sprouts**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: The Brussels sprouts will char slightly, this adds to the flavour!

3



Cook the chicken

- When the veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks** until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked through when it is no longer pink inside.

Custom Recipe: Cook chicken, as above, in batches for best results.

2



Get prepped

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **Aussie spice blend** and a drizzle of **olive oil**.

Custom Recipe: If you've doubled your chicken breast, prepare and season chicken as above.

4



Serve up

- In a large bowl, combine the **honey**, **Dijon mustard** (see ingredients) and a drizzle of **olive oil**.
- Add **baby spinach leaves**, Brussels sprouts and potatoes and toss to combine. Season to taste.
- Divide spiced chicken and roasted Brussels toss between plates to serve. Enjoy!

Rate your recipe

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