

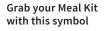
Spiced Chicken & Brussels Sprouts Toss

with Honey Mustard Dressing

NEW

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Breast



Blend





Baby Spinach

Leaves

Dijon Mustard





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



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!

Pantry items Olive Oil, Honey

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

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

9				
	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.

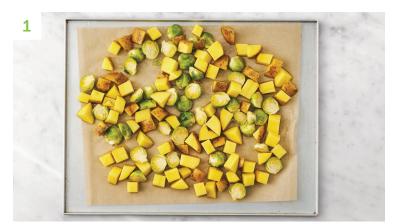
Allergens

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.







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!



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.



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.



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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate