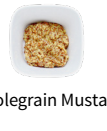
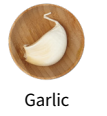
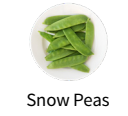


Creamy Honey Mustard Chicken

with Herby Sweet Potato Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Hands-on: 35-45 mins
 Ready in: 40-50 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Dinner tonight proves, once and for all, why honey and mustard is a winning combo. Just add cream and a little chicken stock, and you get a sauce that's so sublime you'll be scraping up every last bit.

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

Pantry items
 Olive Oil, Butter, Milk, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
butter*	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
light cooking cream	1 packet (150ml)	2 packets (300ml)
wholegrain mustard	1 tub	2 tubs
honey*	2 tsp	1 tbs
chicken stock	½ cube	1 cube
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3018kJ (721Cal)	463kJ (110Cal)
Protein (g)	42.4g	6.5g
Fat, total (g)	40.5g	6.2g
- saturated (g)	19.5g	3g
Carbohydrate (g)	46.6g	7.1g
- sugars (g)	28g	4.3g
Sodium (mg)	1078mg	165mg

Custom Recipe

Avg Qty	Per serving	Per 100g
Energy (kJ)	3018kJ (721Cal)	463kJ (110Cal)
Protein (g)	42.4g	6.5g
Fat, total (g)	40.5g	6.2g
- saturated (g)	19.5g	3g
Carbohydrate (g)	45.8g	7g
- sugars (g)	27.1g	4.2g
Sodium (mg)	1078mg	165mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW13



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **sweet potato** and cut into 2cm chunks. Cut the **carrot** (unpeeled) into thin half-moons. Trim the **snow peas**. Finely chop the **garlic**. Finely chop the **chives**.



Make the mash

Transfer the **carrot** and **snow peas** to a medium bowl, drizzle with a little **olive oil** and season with **salt** and **pepper**. Drain the **sweet potato** and return to the saucepan. Add the **butter**, **milk** and the **salt** to the saucepan and mash with a potato masher or fork until smooth. Stir through the **chives** (reserve some for garnish!), then cover with a lid to keep warm.



Cook the veggies

Add the **sweet potato** to the saucepan of boiling water and cook for **5 minutes**. Place a colander or steamer basket on top of the saucepan and add the **carrot**. Cover with a lid and steam until the carrot has softened, **7 minutes**. Add the **snow peas** to the **carrot** and continue cooking until the veggies are tender and the potato can be easily pierced with a knife, **3 minutes**.



Make the honey mustard sauce

Wipe out the excess oil from the frying pan and return to a low heat. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **light cooking cream**, **wholegrain mustard**, **honey** and crumble in the **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Stir until well combined, then return the **chicken** (plus any resting juices) to the pan and turn to coat in the sauce. Simmer until thickened, **2 minutes**. Season to taste.

TIP: Add less mustard for a milder flavour.



Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Season the **chicken thigh** with **salt** and **pepper**, then add to the hot pan. Cook, turning occasionally, until golden and cooked through, **10-14 minutes**. Transfer to a plate.



CUSTOM RECIPE

Slice each chicken breast horizontally to make two thin steaks. Season with salt and pepper. Heat the pan as above. Cook the chicken until cooked through, 3-5 minutes each side (depending on thickness).



Serve up

Slice the chicken. Divide the herby sweet potato mash between plates and top with the sliced chicken and steamed veggies. Spoon over the honey mustard sauce and garnish with the reserved chives.

Enjoy!