

## HONEY-MUSTARD CHICKEN

with Warm Roasted Veggie Salad





Marinate chicken in honey and mustard









**Sweet Mustard Spice** 





Wholegrain Mustard







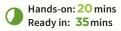






**Baby Spinach Leaves** 

Pantry Staples: Olive Oil, Honey, Balsamic Vinegar









Low calorie

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

## START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **garlic crusher**, **two medium bowls**, **large frying pan** and **tongs**.



PREP THE VEGGIES
Preheat the oven to 220°C/200°C fanforced. Chop the sweet potato (unpeeled)
into 2 cm chunks. Chop the carrot (unpeeled)
0.5 cm batons. Slice the zucchini into 1 cm
thick discs. TIP: Chopping the veggies
to the correct size ensures they cook in the
allocated time.



2 COOK THE VEGGIES
Place the sweet potato, carrot and zucchini on the oven tray lined with baking paper. Sprinkle over the sweet mustard spice blend, 1/2 the salt (use suggested amount) and a good drizzle of olive oil. Toss to coat and roast for 20-25 minutes, or until tender.



ADD FLAVOUR TO THE CHICKEN
While the veggies are cooking, peel and crush the garlic. In a medium bowl, combine the garlic, honey, wholegrain mustard,
1/2 the balsamic vinegar, 1/2 the sesame seeds and the remaining salt. Add a good drizzle of olive oil and stir to combine.
Add the chicken thigh and toss to coat in the marinade.



Heat a drizzle of olive oil in a large frying pan over a medium heat. Once hot, add the chicken thigh and honey-mustard marinade and cook, turning the chicken regularly, for 12-14 minutes, or until the marinade has reduced and the chicken is golden and cooked through. \*TIP: Turning regularly will prevent the honey from burning. \*TIP: The chicken is cooked when it is no longer pink inside. \*TIP: Chicken cook times will vary depending on the size of the thigh.



TOSS THE VEGGIES
While the chicken is cooking, pick and finely chop the parsley leaves. Slice the lemon into wedges. In a medium bowl, toss the roasted vegetables, baby spinach leaves and parsley with the remaining balsamic vinegar and 1 1/2 tbs of olive oil. Season with a pinch of salt and pepper. \*TIP: Dress the veggies just before serving to avoid soggy leaves.



**SERVE UP**Divide the honey-mustard chicken and roast veggie toss between plates. Sprinkle over the remaining sesame seeds and serve the lemon wedges on the side.

**ENJOY!** 

## INGREDIENTS

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olive oil*	refer to method	
sweet potato	4	
carrot	2	
zucchini	1	
sweet mustard spice blend	1 sachet (2 tsp)	
salt*	½ tsp	
garlic	1 clove	
honey*	2 tbs	
wholegrain mustard	2 tubs (80 g)	
balsamic vinegar*	1½ tbs	
sesame seeds	1 packet	
chicken thigh	1 packet	
baby spinach leaves	1 bag	
parsley	1 bunch	
lemon	1	

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2190kJ (522Cal)	368kJ (88Cal)
Protein (g)	41.5g	7.0g
Fat, total (g)	16.9g	2.8g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	46.5g	7.8g
- sugars (g)	26.1g	4.4g
Sodium (g)	772mg	130mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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