



# HONEY-MUSTARD CHICKEN

with Warm Roasted Veggie Salad



Marinate chicken in honey and mustard



Sweet Potato



Carrot



Zucchini



Sweet Mustard Spice Blend



Garlic



Wholegrain Mustard



Sesame Seeds



Chicken Thigh



Parsley



Lemon



Baby Spinach Leaves

Hands-on: **20 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

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.

**Pantry Staples:** Olive Oil, Honey, Balsamic Vinegar

# BEFORE YOU 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**.



## 1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. 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.



## 3 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.



## 4 COOK THE CHICKEN

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.*



## 5 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.*



## 6 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!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
carrot	2
zucchini	1
sweet mustard spice blend	1 sachet (2 tsp)
salt*	1/2 tsp
garlic	1 clove
honey*	2 tbs
wholegrain mustard	2 tubs (80 g)
balsamic vinegar*	1 1/2 tbs
sesame seeds	1 packet
chicken thigh	1 packet
baby spinach leaves	1 bag
parsley	1 bunch
lemon	1

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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