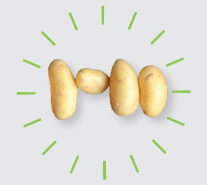




HONEY-MUSTARD CHICKEN

with Easy Pan-fried Rosemary Golden Potatoes & Greens



Perfect a pan-fried potato!



Rosemary



Garlic



Silverbeet



Potato



Wholegrain Mustard



Free-Range Chicken Thigh



Zucchini

Hands-on: 20 mins
Ready in: 30 mins

Eat me early

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

Pantry Staples: Olive Oil, Honey, White Wine Vinegar, Butter

BEFORE YOU START

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



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **potato** (unpeeled) into 1 cm chunks. Pick and finely chop the **rosemary leaves**. Peel and crush the **garlic**. Roughly chop the **silverbeet**. Finely slice the **zucchini** into rounds.



2 MARINATE THE CHICKEN

In a medium bowl, combine the **honey, wholegrain mustard, 2/3 of the white wine vinegar, a drizzle of olive oil, 1/3 of the garlic** and a **pinch of salt and pepper**. Add the **free-range chicken thigh** and toss to coat in the marinade.



3 PAN-FRY THE POTATOES

Add enough **olive oil** to coat the base of a large frying pan at a medium-high heat. Add the **potato** and toss to coat in the **oil**. Cook, covered with a lid, for **10-12 minutes**. After **5 minutes**, remove the lid and add the **rosemary**. Stir to coat and continue to cook until tender. Season with a generous **pinch of salt and pepper**. **TIP:** *Don't be tempted to peek! Lifting the lid will stop the potato from cooking through.*



4 COOK THE CHICKEN

While the potato is cooking, heat a medium frying pan over a medium-high heat. Add the marinated **chicken thigh** and cook for **2 minutes** on each side, brushing with the remaining marinade, until golden and sticky. Once the chicken is nicely golden, transfer to the oven tray lined with baking paper and pour over any **remaining honey-mustard marinade**. Place in the oven for **8-10 minutes**, or until the chicken has cooked through.

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



5 COOK THE GREENS

While the chicken is cooking, heat the **butter** and a **dash of olive oil** in the same medium frying pan over a medium-high heat. **TIP:** *The olive oil stops the butter from burning!* Add the remaining **garlic, silverbeet, and zucchini** and cook for **2-3 minutes**, or until softened and fragrant. Add the **remaining white wine vinegar** and cook for a further **1 minute**. Season to taste with a **pinch of salt and pepper**.



6 SERVE UP

Divide the honey-mustard chicken, the pan-fried potatoes and the greens between plates. Drizzle the chicken with any excess honey-mustard sauce from the tray.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 bunch	1 bunch
garlic	3 cloves	6 cloves
silverbeet	1 bunch	2 bunches
zucchini	1	2
honey*	1 tbs	2 tbs
wholegrain mustard	1 tub (40 g)	2 tubs (80 g)
white wine vinegar*	1½ tsp	3 tsp
free-range chicken thigh	1 packet	1 packet
butter*	1 tbs (25 g)	2 tbs (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (661Cal)	468kJ (112Cal)
Protein (g)	41.3g	7.0g
Fat, total (g)	35.3g	6.0g
- saturated (g)	10.0g	1.7g
Carbohydrate (g)	41.5g	7.0g
- sugars (g)	12.3g	2.1g
Sodium (g)	684mg	116mg

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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