



# Honey & Wholegrain Mustard Chicken

with Roast Veggie Couscous, Lemon Yoghurt & Almonds

Grab your Meal Kit with this symbol



Carrot



Capsicum



Red Onion



Garlic



Lemon



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Flaked Almonds



Chicken Thigh



Greek-Style Yoghurt



Wholegrain Mustard



Chicken Breast

Prep in: **25-35** mins  
Ready in: **30-40** mins

Eat Me Early

Calorie Smart

With a 'just right' ratio of sweet to sharp flavours, honey and wholegrain mustard are the perfect pair, especially when slathered on succulent chicken thigh. Serve over fluffy couscous tossed with baby spinach and plenty of roast veg, and tie everything together with a citrusy yoghurt for some creaminess and zing.

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

**Pantry items**  
Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
capsicum	1	2
red onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
chicken thigh	1 small packet	1 large packet
<b>water*</b>	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
wholegrain mustard	½ packet	1 packet
<b>honey*</b>	1 tbs	2 tbs
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2448kJ (585Cal)	413kJ (98Cal)
Protein (g)	46.9g	7.9g
Fat, total (g)	17g	2.9g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	57g	9.6g
- sugars (g)	22.3g	3.8g
Sodium (mg)	826mg	139mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2417kJ (577Cal)	408kJ (97Cal)
Protein (g)	47.8g	8.1g
Fat, total (g)	15.8g	2.7g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	57g	9.6g
- sugars (g)	22.2g	3.7g
Sodium (mg)	824mg	139mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **capsicum** into bite-sized chunks. Cut **red onion** into thin wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken thigh**, tossing occasionally, until cooked through, **4-5 minutes**.
- Meanwhile, combine **garlic**, a squeeze of **lemon juice**, **wholegrain mustard** (see ingredients), the **honey**, remaining **stock powder**, a splash of **water** and a generous pinch of **pepper** in a small bowl.
- Remove pan from heat. Stir in **honey mustard sauce** until chicken is well coated, **1 minute**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Cook chicken breast the same way as above.



## Get prepped

- Meanwhile, finely chop **garlic**.
- Zest **lemon**, then slice into wedges.
- Cut **chicken thigh** into 2cm chunks.

**Custom Recipe:** If you've swapped to chicken breast, prepare it the same way as the chicken thigh.



## Bring it all together

- Add roasted **veggies**, **baby spinach leaves** and a drizzle of **olive oil** to the **couscous**. Toss to combine and season to taste. Set aside.
- In a second small bowl, combine **Greek-style yoghurt**, **lemon zest**, a pinch of **salt** and a drizzle of **olive oil**.



## Cook the couscous

- In a medium saucepan, combine the **water** and 1/2 the **vegetable stock powder**. Bring to the boil over high heat.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.
- Fluff up with fork.



## Serve up

- Divide roast veggie couscous between bowls.
- Top with honey mustard chicken.
- Drizzle over lemon yoghurt and sprinkle with **flaked almonds** to serve. Enjoy!

## Rate your recipe

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