



OVEN-BAKED MUSTARD CHICKEN

with Herby Green Sauce and Lemon Veg



Make a herby green sauce for chicken



Potato



Carrot



Silverbeet



Free-Range Chicken Thigh



Lemon



Mint



Basil



Parsley



Dijon Mustard

Pantry Staples



Olive Oil



Butter

Hands-on: **35** mins
Ready in: **40** mins

Eat me early

Chicken thigh is so flavoursome, it's one of our favourite ingredients to cook with. By pan frying the chicken first, you're guaranteed a golden brown finish. This dish is finished off with a herby green sauce that is sure to wake up your tastebuds.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan** with a **lid**, **chef's knife**, **chopping board**, **colander**, **medium frying pan**, **medium baking dish**, **tongs**, **small jug** and a **stick blender**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Put a medium saucepan of lightly salted water on to boil. Roughly chop the **potato** (unpeeled) into 2 cm chunks. Roughly chop the **carrot** (unpeeled) into 1 cm chunks. Roughly slice the **silverbeet** (leaves and stems) into 1 cm strips.



2 BOIL THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook for **10-12 minutes**, or until easily pierced with a knife. In the last **6 minutes** of potato cooking time, add the **carrot** to the saucepan. In the last **1 minute** of potato cooking time, add the **silverbeet** to the saucepan. Once all of the vegetables are soft, drain and return to the saucepan. Cover with a lid to keep warm.



3 COOK THE CHICKEN

While the vegetables are cooking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Season the **free-range chicken thigh** with a **pinch of salt** and **pepper** on both sides. Cook for **2 minutes** on each side, or until browned. Transfer to a medium baking dish and place in the oven to cook for **8-10 minutes**, or until cooked through.



4 MAKE THE HERBY GREEN SAUCE

While the chicken is cooking, slice the **lemon** into wedges and pick the **mint** leaves. Add the mint, **basil** (stalks and leaves), **parsley** (stalks and leaves), **Dijon mustard** and a **drizzle of olive oil** to a small jug and pulse with a stick blender until smooth. **TIP:** If you don't have a stick blender, finely chop the herbs and mix together. Season to taste with a **pinch of salt** and **pepper** and a **squeeze of lemon juice**. **TIP:** Add extra olive oil to loosen the sauce if needed. Set aside.



5 MAKE THE LEMON VEG

Add the **butter** to the cooked potatoes and veggies and season with a **pinch of salt** and **pepper**. Toss to melt the butter and squeeze over any **remaining lemon juice** to taste.



6 SERVE UP

Divide the oven-baked mustard chicken between plates and serve alongside the lemon veg. Spoon over the herby green sauce.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
carrot	2	4
silverbeet	1 bunch	2 bunches
free-range chicken thigh	1 packet	1 packet
lemon	1	2
mint 🌿	1 bunch	2 bunches
basil 🌿	1 bunch	2 bunches
parsley 🌿	1 bunch	2 bunches
Dijon mustard	1 tub (1 tbs)	2 tubs (2 tbs)
butter*	1 ½ tbs	3 tbs

*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2500kJ (598Cal)	445kJ (106Cal)
Protein (g)	39.6g	7.0g
Fat, total (g)	33.3g	5.9g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	31.5g	5.6g
- sugars (g)	5.8g	1.0g
Sodium (g)	342mg	61mg

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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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