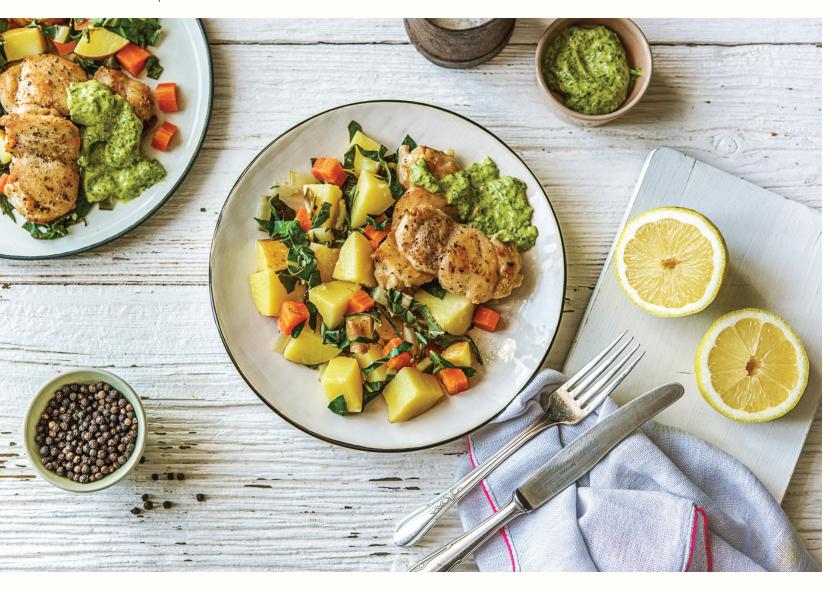


OVEN-BAKED MUSTARD CHICKEN

with Herby Green Sauce and Lemon Veg





Make a herby green sauce for chicken























Dijon Mustard

Pantry Staples



Olive Oil



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 STAR

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 sticker blender.



GET PREPPED Preheat the oven to 200°C/180°C fanforced. 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.



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.



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.



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

INGREDIENTS

refer to

method

1 bunch

1 bunch

1 bunch

1 bunch

1 tub

1 ½ tbs

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

400 g

2

free-range chicken thigh 1 packet

refer to

method

2 bunches

2 bunches

2 bunches

2 bunches

2 tubs

(2 tbs)

3 tbs

1 packet

800 g

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.



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.



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

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2|4 PEOPLE

olive oil'

potato

carrot

lemon mint ()

basil ()

butter*

parsley ()

Dijon mustard

silverbeet

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

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