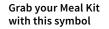


# Sticky Mustard & Rosemary Chicken with Roasted Potatoes













Potato





Rosemary





Lemon







Garlic & Herb Spice Blend







Dijon Mustard

Olive Oil, Honey

**Baby Spinach** 

You're going to love this succulent chicken coated in an irresistible honey mustard sauce. We've paired it with crunchy veggies and roasted potatoes for a meal that's dressed to impress. Bon appetit!





#### 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  $\cdot$  Medium frying pan  $\cdot$  Large frying pan

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	2	4
beetroot	1	2
rosemary	1 stick	2 sticks
lemon	1/2	1
slivered almonds	1 packet	2 packets
garlic & herb spice blend	1 packet	2 packets
chicken thigh	1 small packet	1 large packet
Dijon mustard	1 tub (15g)	2 tubs (30g)
water*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
baby spinach	1 bag (60g)	1 bag (120g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (654Cal)	364kJ (86Cal)
Protein (g)	44.7g	5.9g
Fat, total (g)	23.1g	3.1g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	59.4g	7.9g
- sugars (g)	32.5g	4.3g
Sodium (mg)	786mg	105mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the potato and carrot into bite-sized chunks. Cut the beetroot into small chunks. Place the potato on a lined oven tray, and place the carrot and beetroot on a second lined oven tray. Drizzle both trays with olive oil and season with salt. Toss to coat, then roast until tender, 20-25 minutes.



### Get prepped

While the veggies are roasting, pick and finely chop the **rosemary** leaves (see ingredients). Slice the **lemon** into wedges. Heat a large frying pan over a medium-high heat. Cook the **slivered almonds** until toasted, **3-4 minutes**.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily!



#### Flavour the chicken

In a small bowl, combine the **rosemary**, **garlic & herb spice blend** and a drizzle of **olive oil**. Add
the **chicken thigh** and toss to combine. Set aside.
In a small bowl, combine the **Dijon mustard**, a
generous squeeze of **lemon** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



#### Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-12 minutes**. Remove from the heat and add the **water** and **honey**. Toss to coat.

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



### Add the silverbeet

When the veggies are done, add the **baby spinach** to the **beetroot** and **carrot** and toss to wilt. Drizzle the **mustard dressing** over the veggies and toss to coat.



#### Serve up

Divide the roasted almond potatoes, honey rosemary chicken and veggies between plates. Sprinkle the almonds over the veggies. Serve with lemon wedges.

# Enjoy!