



Sticky Mustard & Rosemary Chicken

with Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Rosemary



Lemon



Slivered Almonds



Garlic & Herb Spice Blend



Chicken Thigh



Dijon Mustard



Baby Spinach

Hands-on: **15-25 mins**
Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

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!

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 frying pan · Large frying pan

Ingredients

	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	½	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)

*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**.



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.



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!



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.



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**.



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!