



HONEY-THYME CHICKEN & ROAST VEGGIE MEDLEY

with Fetta



Make a colourful
roast veg toss



Potato



Thyme



Peeled & Chopped
Pumpkin



Sweet Potato



Red Onion



Zucchini



Garlic



Wholegrain Mustard



Chicken Thigh



Baby Spinach
Leaves



Fetta

Hands-on: **30 mins**
Ready in: **45mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize in the pan, giving a crispy, sticky finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and complements the bed of delicious roast veggies.

Pantry Staples: Olive Oil, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Pick the **thyme** leaves. Cut the **potato** (unpeeled) and **sweet potato** (unpeeled) into 1cm chunks. Cut the **red onion** into 3cm wedges. Cut the **zucchini** into 2cm chunks.

TIP: Cut the veg to the correct size so they cook in the allocated time! Finely chop the **garlic** (or use a garlic press).



2 ROAST THE VEGGIES

Spread the **peeled & chopped pumpkin, potato, sweet potato, red onion** and **zucchini** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **salt** and **1/2** the **thyme** and toss to coat. Arrange in a single layer and roast for **25-30 minutes**, or until tender.



3 MAKE THE SAUCE

While the veggies are roasting, combine the **garlic, honey, wholegrain mustard, a drizzle of olive oil, the remaining thyme** and the **water** in a small bowl. Season with a **pinch of salt** and **pepper** and mix well. Set aside.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Once hot, add the **chicken thigh** and cook for **10-14 minutes**, turning occasionally, or until browned and cooked through.

TIP: The chicken is cooked when it is no longer pink inside. Pour the **honey-thyme sauce** into the pan and turn to coat the chicken. Cook for **1-2 minutes**, or until the sauce is bubbling and slightly thickened. Remove from the heat.



5 MAKE THE ROAST VEGGIE TOSS

In a large bowl, combine the roasted **pumpkin, potato, sweet potato, red onion, zucchini** and **baby spinach leaves**. Crumble in **1/2** the **fetta** and toss to combine.



6 SERVE UP

Thickly slice the honey-thyme chicken. Divide the roast veggie medley between plates and top with the chicken. Spoon any remaining sauce from the pan over the chicken. Crumble over the remaining feta.

TIP: For kids, see our serving suggestions in the main photo.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
thyme	1 bunch
potato	2
sweet potato	2
red onion	1
zucchini	2
garlic	4 cloves
peeled & chopped pumpkin	1 packet (400 g)
salt*	½ tsp
honey*	2 tsp
wholegrain mustard	1 tub (40 g)
chicken thigh	1 packet
baby spinach leaves	1 bag (60 g)
fetta	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	334kJ (80Cal)
Protein (g)	45.0g	6.6g
Fat, total (g)	19.7g	2.9g
- saturated (g)	6.5g	0.9g
Carbohydrate (g)	43.3g	6.3g
- sugars (g)	17.8g	2.6g
Sodium (g)	771mg	112mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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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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