

HONEY-THYME CHICKEN & ROAST VEGGIE MEDLEY with Fetta





Make a colourful roast veg toss







Peeled & Chopped Pumpkin

Sweet Potato







Red Onion

Zucchini





Wholegrain Mustard



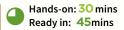


Chicken Thigh

Baby Spinach



Pantry Staples: Olive Oil, Honey









A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise 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.

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



PREP THE VEGGIES Preheat the oven to 220°C/200°C fanforced. 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.



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.



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.



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.



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 fetta.

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

ENJOY!

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**

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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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