



HONEY-MUSTARD CHICKEN & ROAST VEGGIES

with Spinach & Fetta



Make a honey
mustard sauce



Thyme



Potato



Sweet Potato



Red Onion



Zucchini



Garlic



Peeled & Chopped
Pumpkin



Wholegrain Mustard



Chicken Thigh



Baby Spinach
Leaves



Fetta



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Low calorie

The classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the pan. 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 GET PREPPED

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** (see **ingredients list**) into 3cm wedges. Cut the **zucchini** into 2cm chunks. Finely chop the **garlic** (or use a garlic press). **TIP:** Cut the veggies to the correct size so they cook in the allocated time!



2 ROAST THE VEGGIES

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



3 MAKE THE SAUCE

While the veggies are roasting, combine the **garlic, honey, wholegrain mustard** (see **ingredients list**), **salt (for the chicken)**, a drizzle of **olive oil** and the **remaining thyme** in a small bowl.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium heat. When the oil is hot, add the **chicken thigh** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. **TIP:** The chicken is cooked when it is no longer pink inside. Reduce the heat to low. Pour the **honey-mustard sauce** into the pan and turn to coat the chicken. Cook until the sauce is bubbling and slightly thickened, **1-2 minutes**. Remove from the heat.



5 MAKE THE ROAST VEGGIE TOSS

In a large bowl, combine the **roasted veggies** and **baby spinach leaves**. Crumble in **1/2 the fetta** and toss to combine.



6 SERVE UP

Thickly slice the **honey-mustard chicken**. Divide the **roast veggie toss** between plates and top with the chicken. Spoon any sauce remaining in the pan over the chicken. Crumble over the remaining **fetta**.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
thyme	1 bunch	1 bunch
potato	1	2
sweet potato	1	2
red onion	½	1
zucchini	1	2
garlic	2 cloves	4 cloves
peeled & chopped pumpkin	1 packet (200 g)	1 packet (400 g)
salt* (for the veggies)	¼ tsp	½ tsp
honey*	1 tsp	2 tsp
wholegrain mustard	½ tub (20 g)	1 tub (40 g)
salt* (for the chicken)	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (548Cal)	337kJ (81Cal)
Protein (g)	45.3g	6.7g
Fat, total (g)	19.8g	2.9g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	43.2g	6.4g
- sugars (g)	18.6g	2.7g
Sodium (g)	1110mg	164mg

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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK26

HelloFRESH