

HONEY-MUSTARD CHICKEN & ROAST VEGGIES

with Spinach & Fetta





Make a honey mustard sauce





Thyme





Sweet Potato

Red Onio





ucchini

Garlio



Peeled & Chopped Pumpkin

nopped Wholegrain Mustard





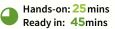
Chicken Thigh

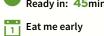
Baby Spinach



Fetta

Pantry Staples: Olive Oil, Honey









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.

allocated time!

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



Techeat 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 (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



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.



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.



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.



SERVE UPThickly 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|4PEOPLE =

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	1/2	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)	1/4 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**

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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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