

Creamy Honey Mustard Chicken

with Herby Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Snow Peas



Garlic



Chives



Chicken Thigh



Light Cooking Cream




Wholegrain Mustard



Chicken Stock

 Hands-on: 35-45 mins
 Ready in: 40-50 mins
 Naturally gluten-free
 Not suitable for Coeliacs

 Eat me early

Dinner tonight proves, once and for all, why honey and mustard is a winning combo. Just add cream and a little chicken stock, and you get a sauce that's so sublime you'll be scraping up every last bit.

Pantry items

Olive Oil, Butter, Milk, 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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
butter*	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
light cooking cream	1 packet (150ml)	2 packets (300ml)
wholegrain mustard	1 tub (40g)	2 tubs (80g)
honey*	2 tsp	1 tbs
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	477kJ (114Cal)
Protein (g)	43.2g	6.6g
Fat, total (g)	44.6g	6.8g
- saturated (g)	22.3g	3.4g
Carbohydrate (g)	44.1g	6.7g
- sugars (g)	18g	2.7g
Sodium (mg)	1082mg	165mg

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.



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cut the **carrot** (unpeeled) into thin half-moons. Trim the **snow peas**. Finely chop the **garlic**. Finely chop the **chives**.



Make the mash

Transfer the **carrot** and **snow peas** to a medium bowl, drizzle with a little **olive oil** and season with **salt** and **pepper**. Set aside. Drain the **potato** and return to the saucepan. Add the **butter**, **milk** and the **salt**, then mash with a potato masher or fork until smooth. Stir through the **chives** (reserve some for garnish!).



Cook the veggies

Cook the **potato** in the boiling water for **5 minutes**. Place a colander or steamer basket on top of the saucepan and add the **carrot**. Cover with a lid and steam until the carrot has softened, **7 minutes**. Add the **snow peas** to the **carrot** and cook until the veggies are tender and the potato can be easily pierced with a knife, **3 minutes**.



Make the honey mustard sauce

Wipe out the excess oil from the frying pan and return to a low heat. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **light cooking cream**, **wholegrain mustard**, **honey** and crumble in the **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Stir until well combined, then return the **chicken** (plus any resting juices) to the pan. Turn to coat in the sauce. Simmer until thickened, **2 minutes**. Season to taste.



Cook the chicken

While the potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Season the **chicken thigh** with **salt** and **pepper** on both sides, then add to the hot pan. Cook, turning occasionally, until golden and cooked through, **10-14 minutes**. Transfer to a plate to rest.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

Slice the chicken. Divide the herby mash between plates and top with the chicken and steamed veggies. Spoon over the honey mustard sauce and garnish with the reserved chives.

Enjoy!