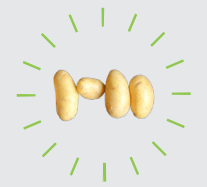




HERB AND MUSTARD CHICKEN

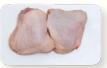
with Parsley Crushed Potatoes and Sauteed Cabbage



Make parsley crushed potatoes



Garlic



Chicken Thigh



Thyme



Carrot



Potato



Lemon



Parsley



Shredded Red Cabbage



Dijon Mustard

Hands-on: **30 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

The secret to this dish is in the classic combination of flavour rich ingredients including Dijon mustard and herbs. Accompanied by herby crushed potatoes and sauteed cabbage, it's wholesome and warming - perfect for a cool Autumn evening.

Pantry Staples: Olive Oil, Honey, Balsamic Vinegar, Sugar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, garlic crusher, oven tray** lined with **baking paper, colander, small bowl, spoon, large frying pan, wooden spoon, fork** and **small microwave safe dish**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Pick the **thyme** leaves. Peel and crush the **garlic**. Pick and roughly chop the **parsley** leaves. Slice the **carrot** (unpeeled) into 0.5 cm thick batons. Place the **chicken thighs** on an oven tray lined with baking paper. Add the thyme, garlic, a **drizzle of olive oil, salt (for the chicken)** and a **pinch of pepper**. Toss to coat. Transfer to the oven to cook for **20-22 minutes**, or until cooked through.



4 SAUTE THE CABBAGE

While the chicken finishes cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **shredded red cabbage** and **carrot** to the pan and cook for **3-4 minutes**, or until slightly softened. Add the **balsamic vinegar** and **sugar** and reduce the heat to low. Cook for a further **3-4 minutes**, or until completely softened.



2 BOIL THE POTATOES

While the chicken is cooking, cut the **potatoes** (unpeeled) into 2 cm chunks. Place the potatoes in the saucepan of boiling water and cook for **15 minutes**, or until tender. Drain and return to the saucepan. Gently crush with a fork, cover to keep warm and set aside.



5 FINISH THE POTATOES

Heat the **butter** in a small microwave safe dish for **10 second** bursts, or until melted. Top the potatoes with the butter and **remaining parsley**. Season to taste with a **pinch of salt** and **pepper**.



3 MAKE THE HERB AND MUSTARD SAUCE

While the potatoes are cooking, juice the **lemon**. In a small bowl, combine **1/2 the parsley** leaves, lemon juice (**1 tbs for 2 people / 2 tbs for 4 people**), the **Dijon mustard, honey** and **water (check ingredients list for amount)**. Add a **drizzle of olive oil** and the **salt (for the dressing)** and mix to combine. After the chicken has been cooking for **10 minutes**, spoon **1/2 the sauce** over the chicken and return the tray to the oven to cook for the remaining **10-12 minutes**.



6 SERVE UP

Divide the parsley crushed potatoes and sauteed cabbage between plates. Top with the herb and mustard chicken. Spoon the remaining sauce over the chicken.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
thyme	1 bunch	1 bunch
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
carrot	1	2
chicken thigh	1 packet	1 packet
salt* (for the chicken)	¼ tsp	½ tsp
potato	400 g	800 g
lemon	1	2
Dijon mustard	1 tub (40 g)	2 tubs (80 g)
honey*	2 tsp	1 tbs
water*	1 tbs	2 tbs
salt* (for the dressing)	¼ tsp	½ tsp
shredded red cabbage	1 bag	2 bags
balsamic vinegar*	1 tbs	2 tbs
sugar*	¼ tsp	½ tsp
butter*	10 g	20 g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2150kJ (513Cal)	347kJ (83Cal)
Protein (g)	41.6g	6.7g
Fat, total (g)	18.0g	2.9g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	40.2g	6.5g
- sugars (g)	14.2g	2.3g
Sodium (g)	456mg	74mg

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

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Hello@HelloFresh.com.au

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