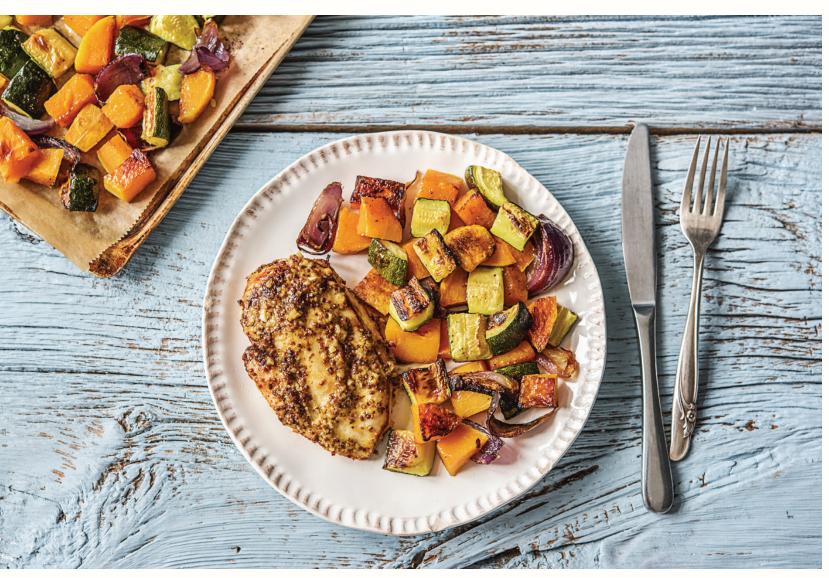


HONEY-MUSTARD CHICKEN

with Golden Roast Vegetables





Make a honey-mustard marinade



Garli



Red Onio



Zucchini



Peeled Pumpkin



Wholegrain Mustard



Free-Range Chicken Breast



Parsley

Pantry Staples



Olive Oil



ПОП



White Wine Vinegar

Hands-on: 35 mins Ready in: 40 mins



A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the oven, giving a crispy, gooey finish to chicken.

BEFORE YOU -**START**

Our fruit and veggies need a little wash before you use them!! You will need: garlic crusher, chef's knife, chopping board, two large oven trays lined with baking paper, large bowl, large frying pan, tongs and a pastry brush.



GET PREPPED Preheat the oven to 220°C/200°C fanforced. Peel and crush the garlic. Slice the red onion into 1.5 cm thick wedges. Chop the **zucchini** into 2 cm chunks. Chop the peeled pumpkin into 2 cm chunks. Pick the parsley leaves.



ROAST THE VEGGIES Place the red onion, the zucchini and the **pumpkin** on the first oven tray lined with baking paper. Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat and place in the oven to cook for **25-30 minutes**, or until golden and tender.



ADD FLAVOUR TO THE CHICKEN While the veggies are cooking, combine the honey, wholegrain mustard, garlic, white wine vinegar and a drizzle of olive oil in a large bowl. Season with a **pinch** of **salt** and pepper. Add the free-range chicken **breast** and toss to coat the chicken.



NUTRITION PER SERVING PER 100G 2020kJ (482Cal) 349kJ (83Cal) Energy (kj) 44.9g 7.8g Protein (g) 19.3g 3.3g Fat, total (g) 4.6g 0.8g saturated (g) Carbohydrate (g) 29.0g 5.0g 23.1g 4.0g sugars (g) 375mg 65mg Sodium (mg)

INGREDIENTS

refer to method

2 cloves

1 packet

1 bunch

2 tbs 1 tub

2 tsp

1 packet

1

2

olive oil*

red onion

zucchini

parsley

honey*

peeled pumpkin

wholegrain mustard

white wine vinegar*

Pantry Items

free-range chicken breast

garlic



SEAR THE CHICKEN THeat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the marinated **chicken breast** and cook for 2 minutes on each side, brushing with the marinade, until browned (reserve the remaining marinade in the bowl). * TIP: Searing the chicken in a pan before baking in the oven helps it caramelise.



BAKE THE CHICKEN Transfer the **chicken breast** to the second oven tray lined with baking paper and pour over any **remaining marinade**. In the **last** 14 minutes of vegetable cooking time, place the chicken in the oven and bake until cooked through. * TIP: The chicken is cooked when it is no longer pink inside.



SERVE UP Divide the honey-mustard chicken and the golden roast vegetables between plates and sprinkle with parsley. Pour over any excess honey-mustard sauce from the baking tray.

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