



HONEY-MUSTARD CHICKEN

with Golden Roast Vegetables



Make a honey-mustard
marinade



Garlic



Red Onion



Zucchini



Peeled Pumpkin



Wholegrain
Mustard



Free-Range
Chicken Breast



Parsley

Pantry Staples



Olive Oil



Honey



White Wine Vinegar

Hands-on: **35 mins**
Ready in: **40 mins**

Eat Me Early

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize 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**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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.



2 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.



3 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.



4 SEAR THE CHICKEN

Heat 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 caramelize.



5 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.



6 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.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
red onion	1
zucchini	2
peeled pumpkin	1 packet
parsley	1 bunch
honey*	2 tbs
wholegrain mustard	1 tub (2 tbs)
white wine vinegar*	2 tsp
free-range chicken breast	1 packet

*Pantry Items

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

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2017 | WK38

