



HONEY-MUSTARD CHICKEN

with Pumpkin Roast Veggie Toss



Flavour chicken with honey & mustard



Red Onion



Zucchini



Peeled & Chopped Pumpkin



Garlic



Wholegrain Mustard



Chicken Thigh



Baby Spinach Leaves



Fetta

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Low calorie

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. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and fuses with a bed of delicious roast veggies.

Pantry Staples: Olive Oil, Honey, Vinegar (White Or Red Wine)

BEFORE YOU START

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**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into 2cm wedges. Cut the **zucchini** into 2cm half-moons.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Place the **red onion**, **zucchini** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with the **salt** and a **pinch of pepper**. Toss to coat, then roast for **20-25 minutes** or until tender.



3 FLAVOUR THE CHICKEN

While the veggies are roasting, finely grate the **garlic** (or use a garlic press). In a medium bowl, combine the garlic, **honey**, **wholegrain mustard**, **vinegar**, a **pinch of salt** and **pepper** and a **drizzle of olive oil**. Add the **chicken thighs** and toss to coat.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook for **2-3 minutes** on each side, or until browned.

TIP: The marinade will darken and caramelize in the pan, but this only adds to the flavour! Transfer the chicken to a second oven tray lined with baking paper and drizzle over any **remaining honey-mustard marinade** from the bowl. Bake for **8-12 minutes**, or until cooked through.



5 TOSS THE VEGGIES

Once the **veggies** have finished, transfer to a large bowl. Toss with the **baby spinach leaves** and a **drizzle of olive oil**. Season to taste with **salt** and **pepper**. **TIP:** Dress the veg just before serving to keep the leaves crisp.



6 SERVE UP

Slice the honey-mustard chicken. Divide the chicken and pumpkin roast veggie toss between plates. Crumble the **fetta** over the roast veggie toss. Drizzle over any remaining honey-mustard sauce from the tray.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
zucchini	1	2
peeled & chopped pumpkin	1 packet (400 g)	1 packet (800 g)
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
honey*	1 tbs	2 tbs
wholegrain mustard	1 tub (40 g)	2 tubs (80 g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
chicken thigh	1 packet	1 packet
baby spinach leaves	1 bag (90 g)	1 bag (180 g)
fetta	1 block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2190kJ (522Cal)	323kJ (77Cal)
Protein (g)	44.6g	6.6g
Fat, total (g)	22.0g	3.2g
- saturated (g)	7.0g	1.0g
Carbohydrate (g)	32.9g	4.9g
- sugars (g)	25.6g	3.8g
Sodium (g)	839mg	124mg

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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK48