



MUSTARD CHICKEN

with Roasted Rosemary Sweet Potato & Greens



Make a honey mustard marinade



Sweet Potato



Rosemary



Garlic



Baby Spinach Leaves



Zucchini



Wholegrain Mustard



Chicken Thigh



Hands-on: **20 mins**
Ready in: **30 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Low calorie

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the oven, giving a crisp, saucy finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and fuses with the bed of pan-fried and roasted veggies.

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

BEFORE YOU START

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



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.* Pick and finely chop the **rosemary** leaves. Place the sweet potato, rosemary, a **drizzle of olive oil** and a **good pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then bake for **20-25 minutes**, or until tender.



2 FLAVOUR THE CHICKEN

While the sweet potato is roasting, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **honey**, **wholegrain mustard**, **vinegar**, **1/2** of the garlic, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Add the **chicken thigh** and toss to combine. Set aside.



3 GET PREPPED

Slice the **zucchini** into 0.5cm rounds.



4 COOK THE CHICKEN

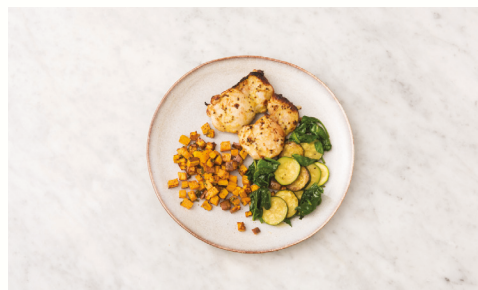
Heat a medium frying pan over a medium-high heat. Add the **chicken thigh** and cook, brushing with the **remaining marinade**, for **2 minutes** on each side, until golden and sticky. Transfer to a second oven tray lined with baking paper and pour over any remaining marinade from the pan. Bake for **7-11 minutes**, or until cooked through.

TIP: *The chicken is cooked through when it is no longer pink in the middle.*



5 COOK THE GREENS

While the chicken is baking, wipe out the frying pan. Return the pan to a medium-high heat with the **butter** and a **dash of olive oil**. Add the **zucchini** and **remaining garlic** and cook for **2-3 minutes**, or until softened and fragrant. Add the **baby spinach leaves** and cook, stirring, for **1-2 minutes** or until just wilted. Season with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the mustard chicken, roasted rosemary sweet potato and the greens between plates. Drizzle with any excess mustard sauce from the tray.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
rosemary	1 bunch	1 bunch
garlic	2 cloves	4 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
zucchini	1	2
butter*	10 g	20 g
baby spinach leaves	1 bag (120 g)	1 bag (240 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (535Cal)	378kJ (90Cal)
Protein (g)	41.6g	7.0g
Fat, total (g)	19.6g	3.3g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	43.9g	7.4g
- sugars (g)	22.4g	3.8g
Sodium (g)	653mg	110mg

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

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

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