



Creamy Honey Mustard Chicken

with Sweet Potato Fries & Parmesan-Tomato Salad

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Chicken Thigh



Garlic



Tomato



Cucumber



Mixed Salad Leaves



Shaved Parmesan Cheese



Light Cooking Cream



Wholegrain Mustard



Chicken Stock

Hands-on: 25-35 mins
Ready in: 35-45 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

Prepare for the creamiest honey mustard sauce ever! It's so good, you'll want to eat it on its own with a spoon!

Pantry items

Olive Oil, White Wine Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic & herb seasoning	½ sachet	1 sachet
chicken thigh	1 small packet	1 large packet
garlic	1 clove	2 cloves
tomato	1	2
cucumber	1	2
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
shaved Parmesan cheese	½ packet	1 packet
light cooking cream	½ packet (75ml)	1 packet (150ml)
wholegrain mustard	½ tub	1 tub
honey*	2 tsp	1 tbs
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2344kJ (560Cal)	398kJ (95Cal)
Protein (g)	41.7g	7.1g
Fat, total (g)	25.3g	4.3g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	39.1g	6.6g
- sugars (g)	20.5g	3.5g
Sodium (mg)	826mg	140mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and sprinkle with the **garlic & herb seasoning** (see ingredients). Toss to coat. Bake until tender, **20-25 minutes**.

TIP: Cut the sweet potato to size so it cooks in time.



Cook the chicken

While the fries are baking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Season the **chicken thigh** with **salt** and **pepper** on both sides, then cook, turning occasionally, until golden and cooked through, **10-14 minutes**. Transfer to a plate to rest.

TIP: Chicken is cooked through when it's no longer pink inside.



Prep the veggies

While the chicken is cooking, finely chop the **garlic**. Roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons.



Make the salad

In a large bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **tomato**, **cucumber** and **shaved Parmesan cheese** (see ingredients). Toss to combine.



Make the honey mustard sauce

Thickly slice the **chicken**. Return the frying pan to a low heat with a drizzle of **olive oil**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **light cooking cream** (see ingredients), **wholegrain mustard** (see ingredients), **honey** and crumbled **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Stir until well combined, then return the **chicken**, along with **any resting juices**, to the pan and turn to coat in the sauce. Simmer until thickened, **2 minutes**. Season to taste.



Serve up

Divide the sweet potato fries, Parmesan-tomato salad and the honey mustard chicken between plates. Spoon the remaining sauce over the chicken.

Enjoy!