



# HONEY MUSTARD CHICKEN & CHIVE MASH

with Sauteed Leek & Carrot



Add chives  
to mashed potatoes



Garlic



Potato



Leek



Eschalot



Thyme



Carrot



Green Beans



Chives



Wholegrain Mustard



Chicken Thigh

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

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

Pair classic ingredients and easy cooking techniques with a few flavourful tweaks - like chives in mashed potatoes and wholegrain mustard plus honey on tender chicken - and your weeknight dinner just got a whole lot more exciting!

**Pantry Staples:** Olive Oil, Honey, Butter, Milk

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium saucepan** with a **lid** • **medium frying pan** • **oven tray** lined with **baking paper**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Finely chop the **garlic** (or use a garlic press). Peel the **potato** and cut into 2cm chunks. Thinly slice the **leek** and **eschalot**. Pick the **thyme** leaves. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans**. Finely chop the **chives**.



### 2 FLAVOUR THE CHICKEN

In a medium bowl, combine the **wholegrain mustard**, **honey** and **1/2 the garlic**. **Drizzle** with **olive oil**, season with **salt** and **pepper** and mix well. Add the **chicken thigh** and toss to coat. Set aside.



### 3 COOK THE MASHED POTATO

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return to the saucepan. Add the **butter**, **milk** and **salt** to the saucepan with the potato. Mash with a potato masher or fork until smooth. Stir through the **chives** (save some for garnish!). Cover with a lid to keep warm.



### 4 BAKE THE CHICKEN

While the potatoes are cooking, heat a medium frying pan over a medium heat. Add the **chicken thigh** and cook for **2 minutes** on each side, or until browned. Transfer the chicken to an oven tray lined with baking paper and spoon over any **remaining marinade** from the bowl and frying pan. Bake for **8-12 minutes**, or until cooked through.

**TIP:** *Chicken cook times will vary depending on the size of the fillet.*



### 5 SAUTE THE VEGGIES

While the chicken is baking, wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **leek**, **eschalot** and **thyme** and cook for **3-4 minutes**, or until softened. Add the **carrot** and **green beans** with a **dash** of **water** and cook for a further **5-6 minutes**, or until tender. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Slice the honey mustard chicken. Divide the chicken between plates and spoon over juices from the oven tray. Divide the mashed potato and sautéed veggies between plates and garnish with the reserved chives.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
potato	2	4
leek	1	2
eschalot	2	4
thyme	1 bunch	1 bunch
carrot	1	2
green beans	1 bag (100 g)	1 bag (200 g)
chives	1 bunch	1 bunch
wholegrain mustard	1 tub (40 g)	2 tubs (80 g)
honey*	2 tsp	1 tbs
chicken thigh	1 packet	1 packet
butter*	40 g	80 g
milk*	2 tbs	1/3 cup
salt*	1/4 tsp	1/2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2710kJ (648Cal)	438kJ (105Cal)
Protein (g)	43.0g	6.9g
Fat, total (g)	31.8g	5.1g
- saturated (g)	15.0g	2.4g
Carbohydrate (g)	43.8g	7.1g
- sugars (g)	14.5g	2.3g
Sodium (g)	944mg	153mg

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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