

HONEY MUSTARD CHICKEN & CHIVE MASH

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!

with Sauteed Leek & Carrot





Add chives to mashed potatoes













Thyme

Carrot





Green Beans

Chives

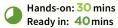




Wholegrain Mustard

Chicken Thigh

Pantry Staples: Olive Oil, Honey, Butter, Milk







Naturally gluten-free Not suitable for Coeliacs · medium saucepan with a lid · medium frying pan · oven tray lined with baking paper



Preheat the oven to 220°C/200°C fanforced. 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.



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 though the chives (save some for garnish!). Cover with a lid to keep warm.



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.



SAUTE THE VEGGIES
While the chicken is baking, wipe out
the frying pan and return to a mediumhigh 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.



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 sauteed veggies between plates and garnish with the reserved chives.

ENJOY!

INGREDIENTS

	7	,
	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	⅓ cup
salt*	¼ tsp	½ 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**

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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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