



SOUTHERN SWEET MUSTARD CHICKEN

with Roast Potatoes & Honey Mustard Veg



Flavour veg with
honey and mustard



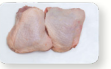
Potato



Carrot



Broccoli



Chicken Thigh



Sweet Mustard
Spice Blend



Dijon Mustard



Garlic Aioli

Hands-on: **25** mins
Ready in: **30** mins

Eat me early

Low calorie

A sweet mustard spice mix is just the thing to add plenty of flavour to tender chicken thighs. Add Dijon-spiked roast veggies and a stellar garlic aioli and this easy midweek meal turns into a taste sensation!

Pantry Staples: Olive Oil, Plain Flour, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan** • **medium frying pan**



1 ROAST THE POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the potato on an oven tray lined with baking paper. **Drizzle generously with olive oil**, season with a **good pinch of salt and pepper** and toss to coat. Roast for **25-30 minutes**, or until tender. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



2 GET PREPPED

While the potato is roasting, cut the **carrot** (unpeeled) into 0.5cm half-moons. Cut the **broccoli** into small florets and the stalk into 1cm batons. Slice the **chicken thighs** in half crossways.



3 FRY THE CHICKEN

In a medium bowl, combine the **salt, plain flour, sweet mustard spice blend** and a **pinch of pepper**. Add the **chicken** and toss to coat. In a large frying pan, heat a **good drizzle of olive oil** over a medium-high heat. Once hot, add the chicken and cook, turning occasionally, for **10-14 minutes** on each side, or until golden and cooked through. Transfer to a plate lined with paper towel.

TIP: *The chicken is cooked when it is no longer pink inside!*



4 COOK THE VEGETABLES

When the potato has **5 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **broccoli** and the **water** and cook for **3-4 minutes** or until nearly tender. Add the **carrot** and cook for **2-3 minutes** or until tender.

TIP: *Adding the water helps to steam the veggies and speeds up the cooking process.*



5 MIX IT ALL TOGETHER

Remove the pan with the vegetables from the heat and add a **drizzle of olive oil**, the **Dijon mustard** and the **honey** and gently toss to combine. Season to taste with **salt and pepper**.



6 SERVE UP

Divide the Southern sweet mustard chicken, honey mustard veg and the roast potatoes between plates. Serve with the **garlic aioli**. **TIP:** *For the low-calorie option, serve without the aioli.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
broccoli	1 head	2 heads
chicken thigh	1 packet	1 packet
salt*	¼ tsp	½ tsp
plain flour*	1½ tbs	¼ cup
sweet mustard spice blend	1 sachet	2 sachets
water*	1½ tbs	3 tbs
Dijon mustard	1 tub (15 g)	1 tub (40 g)
honey*	1 tsp	2 tsp
garlic aioli	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (537Cal)	371kJ (89Cal)
Protein (g)	45.8g	7.6g
Fat, total (g)	19.1g	3.2g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	39.9g	6.6g
- sugars (g)	8.3g	1.4g
Sodium (g)	838mg	138mg

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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