



# Sticky Mustard & Rosemary Chicken

with Almond Potatoes

Grab your Meal Kit  
with this symbol



Potato



Slivered Almonds



Rosemary



Garlic



Carrot



Green Beans



Lemon



Dijon Mustard



Chicken Thigh



Baby Spinach  
Leaves



Hands-on: 15-25 mins  
Ready in: 30-40 mins



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me early

You're going to love this succulent chicken coated in an irresistible honey mustard sauce. We've paired it with crunchy veggies and fancy almond potatoes for a meal that's dressed to impress. Bon appétit!

## Pantry items

Olive Oil, Honey, Butter



## 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 · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
slivered almonds	1 packet	2 packets
rosemary	2 bunches	4 bunches
garlic	2 cloves	4 cloves
carrot	2	4
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
Dijon mustard	1 tub (15g)	2 tubs (30g)
water*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
chicken thigh	1 packet	1 packet
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2610kJ (623Cal)	399kJ (95Cal)
Protein (g)	43.9g	6.7g
Fat, total (g)	26.6g	4.1g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	46.1g	7.1g
- sugars (g)	18.1g	2.8g
Sodium (g)	322mg	49mg

### Allergens

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

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, a **drizzle of olive oil** and a **generous pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then bake until tender, **20-25 minutes**. Sprinkle with the **slivered almonds** and bake until golden, **5 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time.



## 2. Get prepped

While the potato is roasting, pick the **rosemary** leaves and finely chop. Finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** into half-moons. Trim the **green beans**. Slice the **lemon** (see ingredients list) into wedges.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



## 3. Make the honey mustard

In a small bowl, combine the **Dijon mustard**, **water**, **rosemary**, **honey**, **1/2 the garlic** and a **pinch of salt** and **pepper**.



## 4. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Season the **chicken thigh** on both sides with a **pinch of salt** and **pepper**. Add the **chicken thigh** to the pan and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. Reduce the heat to medium and pour in the **honey mustard mixture** and cook until thickened, **1 minute**.

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



## 5. Cook the veggies

While the chicken is cooking, heat a medium frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and **green beans** and cook until softened, **6-7 minutes**. Add the **butter**, **baby spinach leaves**, **remaining garlic** and a **pinch of salt** and **pepper** and cook until just wilted, **2 minutes**.



## 6. Serve up

Divide the roasted almond potatoes, sticky mustard and rosemary chicken and veggies between plates. Serve with the lemon wedges.

**Enjoy!**