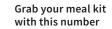


# Honey-Mustard Chicken & Creamy Potatoes with Avocado Garden Salad

NEW













Classic Roast Seasoning





Spring Onion

Dijon Mustard



Mixed Salad Leaves





Mayonnaise





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



**Protein Rich** 

This meal is a true celebration of summer. The chicken is juicy and golden, coated in a sweet and savoury honey-mustard glaze. The creamy potato salad has just the right amount of herby goodness, and the garden salad is vibrant and fresh. Dig in! **Pantry items** 

Olive Oil, Honey, Butter, White Wine Vinegar

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan · Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chicken breast	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
Dijon mustard	½ medium packet	1 medium packet
butter*	20g	40g
avocado	1 small	1 large
spring onion	1 stem	2 stems
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2532kJ (605Cal)	494kJ (118Cal)
Protein (g)	46.4g	9.1g
Fat, total (g)	30.9g	6g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	31.7g	6.2g
- sugars (g)	3.3g	0.6g
Sodium (mg)	977mg	191mg
Dietary Fibre (g)	8.7g	1.7g

The quantities provided above are averages only.

# **Allergens**

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

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



# Make the potato salad

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to saucepan.



### Make the salad

- Slice avocado in half, scoop out flesh and roughly chop.
- Thinly slice spring onion.
- Meanwhile, in a second medium bowl, combine mixed salad leaves,
  avocado and a drizzle of white wine vinegar and olive oil. Season to taste.



# Cook the chicken

- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine classic roast seasoning and a drizzle of olive oil. Add chicken steaks, turn to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
  Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the honey, Dijon mustard (see ingredients), the butter and a splash of water, turning to coat.

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



# Finish & serve

- Add dill & parsley mayonnaise and spring onion to the potatoes. Toss to combine and season to taste.
- Divide honey-mustard chicken, creamy potatoes and avocado garden salad between plates. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

