



# Honey-Mustard Chicken & Creamy Potatoes

with Avocado Garden Salad

NEW

Grab your meal kit with this number

1



Potato



Chicken Breast



Classic Roast Seasoning



Dijon Mustard



Avocado



Spring Onion



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Chicken Breast

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

Carb Smart

Protein Rich

Eat Me Early

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
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
Dijon mustard	½ medium packet	1 medium packet
<b>butter*</b>	20g	40g
avocado	1 small	1 large
spring onion	1 stem	2 stems
mixed salad leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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.

2



## 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.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle over salad before serving.

**+** **DOUBLE CHICKEN BREAST**  
Follow method above, cooking in batches if necessary.

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

