

Honey-Thyme Chicken & Roast Veggie Toss

with Feta & Garlic Aioli

Grab your Meal Kit with this symbol



Thyme



Kumara



Parsnip



Red Onion



Garlic



Peeled & Chopped Pumpkin



Wholegrain Mustard



Chicken Breast



Baby Spinach Leaves



Feta



Garlic Aioli

Hands-on: **30-40 mins**
 Ready in: **45-55 mins**

Eat me early

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the pan, giving a crispy, sticky finish. The tender chicken breast is packed with fantastic flavour and complements the bed of delicious roast veggies. Dig in!

Pantry items

Olive Oil, Honey

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

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 bunch	1 bunch
kumara	1 (medium)	1 (large)
parsnip	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
salt*	¼ tsp	½ tsp
honey*	1 tsp	2 tsp
wholegrain mustard	½ packet (20g)	1 packet (40g)
chicken breast	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
feta	1 block (25g)	1 block (50g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2560kJ (612Cal)	406kJ (97Cal)
Protein (g)	45.4g	7.2g
Fat, total (g)	27.2g	4.3g
- saturated (g)	6.1g	1.0g
Carbohydrate (g)	42.8g	6.8g
- sugars (g)	24.5g	3.9g
Sodium (mg)	896mg	142mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Pick the **thyme** leaves. Cut the **kumara** and **parsnip** (both unpeeled) into 1cm chunks. Slice the **red onion** into 3cm wedges. Finely chop the **garlic** (or use a garlic press).

TIP: Cut the veggies to size so they cook in time.



4. Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Reduce the heat to medium, then pour the **honey-thyme sauce** into the pan and turn to coat the chicken. Cook until the sauce is bubbling and slightly thickened, **1-2 minutes**. Remove from the heat.

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



2. Roast the veggies

Spread the **kumara**, **parsnip**, **onion** and **peeled & chopped pumpkin** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, **sprinkle** with the **salt** and **1/2** the **thyme** and toss to coat. Arrange in a single layer and roast until tender, **25-30 minutes**.



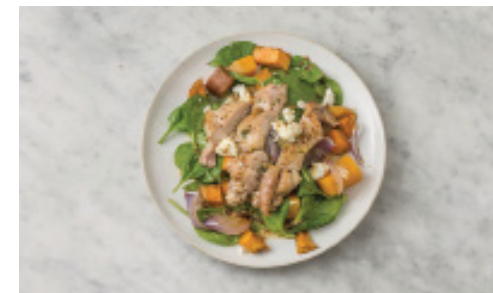
5. Make the roast veggie toss

In a large bowl, combine the roasted **veggies** and **baby spinach leaves**.



3. Make the sauce

While the veggies are roasting, combine the **garlic**, **honey**, **wholegrain mustard** (see ingredients list), a **drizzle of olive oil**, the **remaining thyme** and a **splash of water** in a small bowl. Season with **salt** and **pepper** and mix well. Set aside.



6. Serve up

Thickly slice the chicken. Divide the roast veggie toss between plates and top with the honey-thyme chicken. Spoon over any remaining sauce from the pan. Crumble over the **feta** and serve with the **garlic aioli**.

Enjoy!