

Lemon & Honey-Mustard Chicken

with Roasted Pumpkin Wedges & Creamy Rainbow Slaw

Grab your Meal Kit with this symbol



Peeled Pumpkin



Garlic



Lemon



Wholegrain Mustard



Chicken Breast



Chicken-Style Stock Powder




Carrot




Mayonnaise



Shredded Cabbage Mix

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Calorie Smart

 Eat me early

The classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize in the pan. The chicken breast packs a fantastic flavour, remains moist as it cooks and complements the serving of delicious sweet roasted pumpkin and creamy slaw.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (400g)	1 packet (800g)
garlic	3 cloves	6 cloves
lemon	½	1
honey*	1½ tbs	3 tbs
wholegrain mustard	½ packet (20g)	1 packet (40g)
chicken breast	1 packet	1 packet
chicken-style stock powder	1 sachet	1 sachet
carrot	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2208kJ (527Cal)	368kJ (87Cal)
Protein (g)	35.9g	6g
Fat, total (g)	25.5g	4.3g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	35.7g	6g
- sugars (g)	26.2g	4.4g
Sodium (mg)	926mg	154mg

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.



Roast the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Place the **peeled pumpkin** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat and spread out evenly. Roast until tender, **25-30 minutes**.



Prep the carrot

While the chicken is cooking, grate the **carrot**.



Prep the chicken

While the pumpkin is roasting, finely chop the **garlic**. Slice the **lemon** in half, then juice. In a small bowl, combine the **lemon juice**, **honey**, **wholegrain mustard** (see ingredients) and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside. Place your hand flat on top of each **chicken breast** and use a knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **chicken-style stock powder** and a drizzle of **olive oil**. Season with **pepper**, then add the **chicken** and toss to coat.



Make the slaw

In a large bowl, combine the **mayonnaise** with a drizzle of **white wine vinegar**. Add the **carrot** and **shredded cabbage mix**. Toss to coat and season to taste.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, until cooked through, **3-5 minutes** each side (depending on thickness). Add the **garlic** and cook until fragrant, **30 seconds**. Remove the pan from the heat, then add the **honey-mustard mixture** and toss until well coated, **1 minute**.

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



Serve up

Divide the lemon and honey-mustard chicken, roasted pumpkin wedges and creamy rainbow slaw between plates.

Enjoy!