



SOUTHERN SWEET MUSTARD CHICKEN

with Roast Potato & Honey-Mustard Veggies



Flavour veg with
honey and mustard



Potato



Carrot



Broccoli



Chicken Thigh



Sweet Mustard
Spice Blend



Dijon Mustard



Garlic Aioli

Hands-on: **30** mins
Ready in: **35** mins

Eat me early

A sweet mustard spice mix is just the thing to add plenty of flavour to tender chicken thighs. Add Dijon-spiked roast veggies and a stellar garlic aioli and this easy midweek meal turns into a taste sensation!

Pantry Staples: Olive Oil, Plain Flour, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper**
- **large frying pan**
- **large saucepan** with a **lid**



1 BAKE THE POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the potato on an oven tray lined with baking paper. **Drizzle generously** with **olive oil**, season with a **good pinch** of **salt** and **pepper** and toss to coat. Roast for **25-30 minutes**, or until tender. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



2 PREP THE VEG & CHICKEN

While the potato is roasting, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Slice the **chicken thighs** in half crossways.



3 FRY THE CHICKEN

In a medium bowl, combine the **salt**, **plain flour**, **sweet mustard spice blend** and a **pinch** of **pepper**. Add the **chicken** and toss to coat. In a large frying pan, heat a good **drizzle** of **olive oil** over a medium-high heat. Once hot, add the chicken and cook, turning occasionally, for **10-14 minutes**, or until golden and cooked through. Transfer to a plate lined with paper towel. **TIP:** *The chicken is cooked when it is no longer pink inside!*
TIP: *If your pan is getting crowded, cook in batches for the best results.*



4 COOK THE VEGETABLES

When the potato has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **broccoli** and the **water** and cook for **4-5 minutes** or until nearly tender. Add the **carrot** and cook for **3-4 minutes** or until tender. Add a **dash** more **water** if needed. **TIP:** *Adding water helps to steam the veggies and speeds up the cooking process.*



5 MIX IT ALL TOGETHER

Remove the pan with the vegetables from the heat and add the **Dijon mustard** and **honey**. Toss to combine. Season to taste with **salt** and **pepper**. **TIP:** *Hold back on the mustard if the kids aren't fans!*



6 SERVE UP

Divide the Southern sweet mustard chicken, honey mustard veggies and the roast potato between plates. Serve with the **garlic aioli**.

TIP: *For kids, follow our serving suggestions on the main photo.*

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	2
broccoli	2 heads
chicken thigh	1 packet
salt*	½ tsp
plain flour*	2 ½ tbs
sweet mustard spice blend	2 sachets
water*	¼ cup
Dijon mustard	1 tub (40 g)
honey*	2 tsp
garlic aioli	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (645Cal)	428kJ (102Cal)
Protein (g)	46.0g	7.3g
Fat, total (g)	31.3g	5.0g
- saturated (g)	5.9g	0.9g
Carbohydrate (g)	39.7g	6.3g
- sugars (g)	9.6g	1.5g
Sodium (g)	845mg	134mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

ENJOY!

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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