



SWEET MUSTARD CHICKEN & ROAST VEGGIES

with Spinach & Feta



Make a honey-thyme sauce



Thyme



Potato



Kumara



Red Onion



Courgette



Peeled Pumpkin



Garlic



Wholegrain Mustard



Chicken Thigh



Baby Spinach Leaves



Feta

Hands-on: 25 mins
Ready in: 45 mins

Eat me early

Low calorie

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize in the pan, giving a crispy, sticky finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and complements the bed of delicious roast veggies.

Pantry Staples: Olive Oil, Honey

BEFORE YOU START

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

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 GET PREPPED

Preheat the oven to 220°C/200°C fan-forced. Pick the thyme leaves. Cut the potato (unpeeled) and kumara (unpeeled) into 1cm chunks. Cut the red onion (see ingredients list) into 3cm wedges. Cut the courgette and peeled pumpkin into 2cm chunks. Finely chop the garlic (or use a garlic press).

TIP: Cut the veg to the correct size so they cook in the allocated time!



2 ROAST THE VEGGIES

Spread the potato, kumara, red onion, courgette and pumpkin over two oven trays lined with baking paper. Drizzle with olive oil, sprinkle with the salt (for the veggies) and 1/2 the thyme and toss to coat. Arrange in a single layer and roast until tender, 25-30 minutes.



3 MAKE THE SAUCE

While the vegetables are roasting, combine the garlic, honey, wholegrain mustard (see ingredients list), salt (for the chicken), a drizzle of olive oil and the remaining thyme in a small bowl and mix well.



4 COOK THE CHICKEN

In a large frying pan, heat a drizzle of olive oil over a medium heat. When the oil is hot, add the chicken thigh and cook, turning occasionally, until browned and cooked through, 10-14 minutes. **TIP:** The chicken is done when it is no longer pink inside. Remove from the heat. 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.



5 MAKE THE ROAST VEGGIE TOSS

In a large bowl, combine the roasted potato, kumara, red onion, courgette, pumpkin and baby spinach leaves. Crumble in 1/2 the feta and toss to combine.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
thyme	1 bunch	1 bunch
potato	1	2
kumara	1	2
red onion	½	1
courgette	1	2
peeled pumpkin	1 packet (200 g)	1 packet (400 g)
garlic	2 cloves	4 cloves
salt* (for the veggies)	¼ tsp	½ tsp
honey*	1 tsp	2 tsp
wholegrain mustard	½ tub (20 g)	1 tub (40 g)
salt* (for the chicken)	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
feta	1 block (50 g)	2 blocks (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (548Cal)	337kJ (81Cal)
Protein (g)	45.3g	6.7g
Fat, total (g)	19.8g	2.9g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	43.2g	6.4g
- sugars (g)	18.6g	2.7g
Sodium (g)	1110mg	164mg

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

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

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