



HONEY & LEMON GLAZED CHICKEN

with Spinach & Leek Colcannon



Flavour chicken with a zesty, syrupy glaze



Potato



Green Beans



Garlic



Leek



Spring Onion



Baby Spinach Leaves



Chicken Thigh



Lemon



Fetta

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

We've updated the classic Irish side dish of colcannon by adding leek and spinach to the mashed potatoes for a comforting yet unique take on your meal. With a sweet and zesty glazed chicken plus fetta-topped beans, this meal is the tastiest way to get your greens!

Pantry Staples: Olive Oil, Butter, Milk, Honey

BEFORE YOU START

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

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



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **leek**. Thinly slice the **spring onion**. Roughly chop the **baby spinach leaves**.



2 COOK THE POTATOES

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. In the last **5 minutes** of potato cooking time, place a steamer basket or colander on top of the saucepan and add the **green beans**. Cover with a lid and steam until tender. Transfer the beans to a bowl and cover to keep warm. Drain the potato then return to the saucepan.



3 COOK THE CHICKEN

While the potatoes are cooking, heat a large frying pan over a high heat with a **drizzle of olive oil**. Season the **chicken thighs** generously with **salt** and **pepper**, then add to the pan and cook for **2 minutes** each side or until browned. Transfer to the oven tray lined with baking paper and cook for **8-12 minutes**, or until cooked through. **TIP:** *Chicken cook times will vary depending on size of the fillets.*



4 MAKE THE COLCANNON

While the chicken is baking, return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **leek** and a **pinch of salt** and cook, stirring, for **3-4 minutes**, or until softened. Add the **spring onion** and **1/2 the garlic** and cook for **1 minute**, or until fragrant. Stir through the **baby spinach** until wilted. Season to taste with **salt** and **pepper** and remove from the heat. Add the **butter**, **milk** and the **salt** to the pan with the **potato**. Mash with a potato masher or fork until smooth. Add the leek mixture to the potato mash and mix well to combine. Season to taste with **salt** and **pepper**. Cover to keep warm.



5 MAKE THE HONEY-LEMON GLAZE

Juice the **lemon** to get **1 tbs for 2 people / 2 tbs for 4 people**. In a small bowl, combine the lemon juice with the **honey**, **water** and the **remaining garlic**. Mix well to combine. Once the chicken has finished, return the frying pan to a medium-high heat. Pour in the honey-lemon sauce and cook for **2-3 minutes**, or until thickened. Return the cooked **chicken thighs** to the pan and turn to coat in the honey-lemon glaze.



6 SERVE UP

Divide the spinach colcannon and the green beans between plates and top with the honey & lemon glazed chicken. Crumble the **fetta** over the green beans. Spoon any remaining glaze from the pan over the chicken.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200 g)	1 bag (400 g)
garlic	3 cloves	6 cloves
leek	1	2
spring onion	1 bunch	1 bunch
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
chicken thigh	1 packet	1 packet
butter*	40 g	80 g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
lemon	1	2
honey*	2 tsp	1 tbs
water*	1 tbs	2 tbs
fetta	1 block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2690kJ (643Cal)	427kJ (102Cal)
Protein (g)	45.1g	7.2g
Fat, total (g)	33.1g	5.2g
- saturated (g)	16.8g	2.7g
Carbohydrate (g)	37.3g	5.9g
- sugars (g)	10.0g	1.6g
Sodium (g)	654mg	104mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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