



HONEY-MUSTARD CHICKEN & ROAST VEGGIES

with Spinach & Feta



Make a honey mustard sauce



Potato



Kumara



Peeled Pumpkin



Red Onion



Courgette



Dried Oregano



Garlic



Wholegrain Mustard



Chicken Thigh



Baby Spinach Leaves



Feta

Hands-on: **25 mins**
Ready in: **45 mins**

Eat me early

Low calorie

The classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise 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**. Cut the **potato** (unpeeled) and **kumara** (unpeeled) into 1cm chunks. Cut the **peeled pumpkin** into 2cm chunks. Cut the **red onion** (see ingredients list) into 3cm wedges. Cut the **courgette** into 2cm chunks. Finely chop the **garlic** (or use a garlic press). **TIP:** Cut the veggies to the correct size so they cook in the allocated time!



2 ROAST THE VEGGIES

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



3 MAKE THE SAUCE

While the veggies are roasting, combine the **garlic, honey, wholegrain mustard** (see ingredients list), **salt (for the chicken)**, a **drizzle of olive oil** and the **remaining dried oregano** in a small bowl.



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 cooked when it is no longer pink inside. Reduce the heat to low. Pour the **honey-mustard 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 veggies** and **baby spinach leaves**. Crumble in **1/2** the **feta** and toss to combine.



6 SERVE UP

Thickly slice the honey-mustard chicken. Divide the roast veggie toss between plates and top with the chicken. Spoon any sauce remaining in 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
potato	2	4
kumara	1	2
peeled pumpkin	1 packet (200 g)	1 packet (400 g)
red onion	½	1
courgette	1	2
garlic	2 cloves	4 cloves
salt* (for the veggies)	¼ tsp	½ tsp
dried oregano	1 sachet	2 sachets
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)	1 block (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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