



Honey Mustard Chicken

with Roast Veggie Couscous & Lemon Yoghurt

Grab your Meal Kit with this symbol



Carrot



Parsnip



Capsicum



Red Onion



Garlic



Lemon



Baby Spinach Leaves



Chicken Thigh



Chicken-Style Stock Powder



Couscous



Wholegrain Mustard



Greek-Style Yoghurt

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**

Eat me early

The classic combination of honey and mustard never goes amiss. We love the way these flavours caramelise in the pan. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and complements the bed of delicious roast veggie couscous.

Pantry items

Olive Oil, Honey

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
capsicum	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken thigh	1 packet	1 packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	2 sachets
couscous	1 packet	1 packet
wholegrain mustard	½ packet (20g)	1 packet (40g)
honey*	1 tbs	2 tbs
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2621kJ (626Cal)	406kJ (97Cal)
Protein (g)	43.7g	6.8g
Fat, total (g)	18.4g	2.9g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	74.1g	11.5g
- sugars (g)	28.4g	4.4g
Sodium (mg)	1312mg	203mg

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 veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** and **parsnip** (unpeeled) into 2cm chunks. Cut the **capsicum** into 2cm strips. Cut the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **15-20 minutes**.

TIP: Cut the veggies to size so they cook in time.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a pinch, then juice (see ingredients). Roughly chop the **baby spinach leaves**. Cut the **chicken thigh** into 2cm chunks.



Cook the couscous

In a medium saucepan, add the **water** and 1/2 the **chicken-style stock powder** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing occasionally, until golden and cooked through, **4-5 minutes**. While the chicken is cooking, combine the **garlic**, **lemon juice**, **wholegrain mustard** (see ingredients), **honey**, remaining **chicken-style stock powder** and a splash of **water** in a small bowl. Season with **pepper**. Remove the frying pan from the heat and stir through the **honey mustard sauce** until the chicken is well coated, **1 minute**.

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



Bring it all together

Add the roasted **veggies**, **baby spinach** and a drizzle of **olive oil** to the cooked **couscous**. Toss to combine and season to taste. In a second small bowl, combine the **Greek-style yoghurt**, **lemon zest** and a drizzle of **olive oil**. Season with **salt**.



Serve up

Divide the roast veggie couscous between bowls, then top with the honey mustard chicken. Drizzle over the lemon yoghurt.

Enjoy!