



HONEY MUSTARD CHICKEN

with Roasted Sweet Potatoes, Zucchini, and Onion



HELLO

HONEY MUSTARD

Our DIY take on the condiment adds a sweet and tangy flavor layer to chicken.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 530**



Red Onion



Sweet Potatoes



Honey



White Wine Vinegar



Parsley



Zucchini



Garlic



Whole Grain Mustard



Chicken Breasts

START STRONG

Grab a basting or pastry brush to coat the chicken with marinade in step 4. If you don't have one, use a spoon to ladle the marinade on and spread it each and every way.

BUST OUT

- Baking sheet
- Medium bowl
- Medium pan
- Olive oil (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------|--------------------|
| • Red Onion | 1 1 |
| • Zucchini | 1 2 |
| • Sweet Potatoes | 2 4 |
| • Garlic | 1 Clove 2 Cloves |
| • Honey | ½ oz 1 oz |
| • Whole Grain Mustard | 1 TBSP 2 TBSP |
| • White Wine Vinegar | 1 tsp 2 tsp |
| • Chicken Breasts | 12 oz 24 oz |
| • Parsley | ¼ oz ¼ oz |

HELLO WINE



PAIR WITH
Heuningby South Africa
Chenin Blanc, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and cut **onion** into ½-inch-thick wedges. Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Cut **sweet potatoes** into 1-inch cubes.



2 ROAST VEGGIES

Place **veggies** on a baking sheet and toss with **1 TBSP olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly browned, 25-35 minutes.



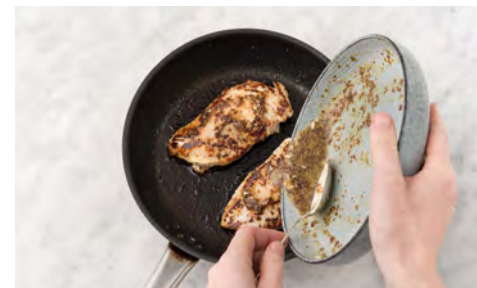
3 MARINATE CHICKEN

Mince or grate **1 clove garlic** (we sent more). In a medium bowl, whisk together garlic, **honey**, **1 TBSP mustard**, **1 tsp white wine vinegar**, and **1 TBSP olive oil** (we sent more mustard and vinegar). Season with **salt** and **pepper**. Add **chicken** to bowl and toss to coat.



4 SEAR CHICKEN

Heat a medium pan over medium-high heat (use an ovenproof pan if you have one). Remove **chicken** from marinade, letting excess drip off. Sear in pan until no longer pink on surface, 2-3 minutes per side, brushing chicken with a bit of **marinade** as it cooks. **TIP:** Cast iron skillet are great for searing meats, plus they're ovenproof, too. Get one for next time at [HelloFresh.com/Shop](https://www.hellofresh.com/shop)



5 BAKE CHICKEN

Pour any remaining **marinade** into pan with chicken. (**TIP:** If your pan isn't ovenproof, transfer chicken and marinade to a small baking dish.) Once veggies have roasted about 15 minutes, place pan with chicken in oven. Roast **chicken** until firm and no longer pink in center, 8-10 minutes.



6 PLATE AND SERVE

Divide **veggies** and **chicken** between plates. Drizzle with any remaining **marinade** in pan. Tear leaves from **parsley** and scatter over top.

GENIUS!

Fan of the honey mustard marinade? Try it as a salad dressing.

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