

# Lemon & Honey-Mustard Chicken

with Roasted Pumpkin & Creamy Rainbow Slaw

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Garlic



Lemon



Dijon Mustard



Chicken Breast



Chicken-Style Stock Powder



Carrot



Garlic Aioli



Shredded Cabbage Mix

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Carb Smart

Eat Me Early

The classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize in the pan. The chicken breast packs a fantastic flavour, remains moist as it cooks and complements the serving of deliciously sweet roasted pumpkin, plus a creamy slaw.

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
garlic & herb seasoning	1 sachet	1 sachet
garlic	3 cloves	6 cloves
lemon	½	1
honey*	1½ tbs	3 tbs
Dijon mustard	1 packet (15g)	2 packets (30g)
chicken breast	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
carrot	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2320kJ (554Cal)	380kJ (91Cal)
Protein (g)	39.8g	6.5g
Fat, total (g)	25.7g	4.2g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	37.1g	6.1g
- sugars (g)	26.4g	4.3g
Sodium (mg)	1428mg	234mg
Dietary Fibre (g)	8.3g	1.4g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://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 pumpkin

Preheat oven to **220°C/200°C fan-forced**. Place **peeled pumpkin pieces** on a lined oven tray, then sprinkle over **garlic & herb seasoning**. Drizzle generously with **olive oil**, then season with **salt** and **pepper**. Toss to coat and spread out evenly. Roast until tender, **20-25 minutes**.

**Little cooks:** Kids can help with sprinkling over the seasoning and tossing the pumpkin.



## Prep the chicken

Meanwhile, finely chop **garlic**. Slice **lemon** in half, then juice. In a small bowl, combine **lemon juice**, the **honey**, **Dijon mustard** (see ingredients) and a drizzle of **olive oil**. Season, then set aside. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **chicken-style stock powder** and a drizzle of **olive oil**. Season with **pepper**, then add **chicken** and turn to coat.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Add **garlic** and cook until fragrant, **30 seconds**. Remove pan from the heat, then add **honey-mustard mixture** and turn **chicken** until well coated, **1 minute**.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Prep the carrot

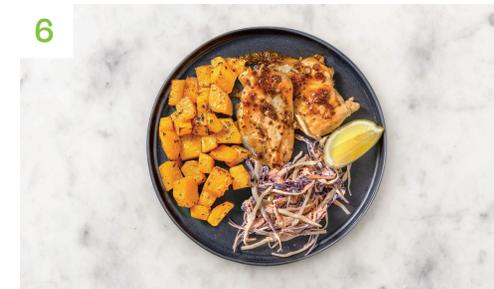
While the chicken is cooking, grate **carrot**.



## Make the slaw

In a large bowl, combine **garlic aioli** with a drizzle of **white wine vinegar**. Add **carrot** and **shredded cabbage mix**. Toss to coat and season to taste.

**Little cooks:** Take the lead by tossing the salad!



## Serve up

Divide lemon and honey-mustard chicken and roasted pumpkin between plates. Serve with creamy rainbow slaw.

**Enjoy!**