



Southern Sweet Mustard Chicken

with Roast Potato Toss

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Chicken Thigh



Sweet Mustard Spice Blend



Dijon Mustard



Garlic Aioli

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

Low Calorie

Eat me early

A sweet mustard spice mix is just the thing to add plenty of flavour to tender chicken thighs. Add Dijon-spiked roast veggies and a stellar garlic aioli and this easy midweek meal turns into a taste sensation!

Pantry items

Olive Oil, Plain Flour, Honey

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper ·

Large frying pan · Medium frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
broccoli	1 head	2 heads
chicken thigh	1 packet	1 packet
salt*	¼ tsp	½ tsp
plain flour*	2 tbs	¼ cup
sweet mustard spice blend	1 sachet	2 sachets
water*	2 tbs	¼ cup
Dijon mustard	1 packet (15g)	2 packets (30g)
honey*	1 tsp	2 tsp
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (537Cal)	371kJ (89Cal)
Protein (g)	45.8g	7.6g
Fat, total (g)	19.1g	3.2g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	39.9g	6.6g
- sugars (g)	8.3g	1.4g
Sodium (g)	838mg	138mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **good pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the potato is roasting, cut the **carrot** (unpeeled) into 0.5cm half-moons. Cut the **broccoli** into 2cm florets and the stalk into 1cm batons. Slice the **chicken thigh** in half crossways.



3. Cook the chicken

In a medium bowl, combine the **salt**, **plain flour**, **sweet mustard spice blend** and a **pinch** of **pepper**. Add the **chicken** and toss to coat. In a large frying pan, heat a **good drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook until golden and cooked through, **6-7 minutes** on each side. Transfer to a plate lined with paper towel and cover to keep warm.

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



4. Cook the veggies

When the potato has **5 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **carrot**, **broccoli** and the **water** and stir to combine. Cover with a lid and steam until tender, **3-4 minutes**.

TIP: Adding the water helps to steam the veggies and speeds up the cooking process.



5. Mix it all together

Remove the pan with the veggies from the heat and add the cooked **potato**. Add a **drizzle** of **olive oil**, the **Dijon mustard** and the **honey** and gently toss to combine. Season to taste with **salt** and **pepper**.



6. Serve up

Divide the Southern sweet mustard chicken and roast potato and veggie toss between plates. Serve with the **garlic aioli**.

Enjoy!