



# SWEET MUSTARD CHICKEN & BAKED RICE

with Lemon and Nutty Greens



Master a baked rice



Lemon



Garlic



Brown Onion



Zucchini



Broccoli



Sweet Mustard Spice Blend



Free-Range Chicken Thighs



Chicken Stock



Basmati Rice



Walnuts

Pantry Staples



Butter




Olive Oil



Water

Hands-on: **30 mins**  
Ready in: **55 mins**

 Eat me early

A simple tray bake with hints of sweet mustard and citrus is just the thing you need to pick you up at night. We think you'll love this method of cooking – it packs flavour into every bite!

## BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle, medium baking dish, chef's knife, chopping board, fine grater, sieve, large frying pan, tongs, plate, wooden spoon, aluminium foil** and a **medium frying pan**.



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a full kettle of water to the boil. Place the medium baking dish in the oven to heat up. Cut **1/2** of the **lemon** into thin slices (**optional for adults**) and slice the **remaining 1/2** into wedges. Peel and finely grate the **garlic**. Finely chop the **brown onion**. Finely dice the first **zucchini** and roughly chop the second **zucchini**. Dice the **broccoli stalk** into small 0.5 cm cubes and chop the **broccoli head** into small florets. Rinse the **basmati rice** well.



### 4 BAKE THE CHICKEN & RICE

Place the covered baking dish in the oven and bake for **25-30 minutes**, or until the chicken has cooked through and the rice is soft. **TIP:** If the rice is still a little undercooked, add a splash of water, mix well and bake for a further **5 minutes**.



### 2 BROWN THE LEMON & CHICKEN

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **lemon slices (if using)** and cook for **30 seconds** on each side, or until softened. Remove and set aside on a plate. Heat another **drizzle** of **olive oil** in the same frying pan over a medium-high heat. Add the **garlic** and the **sweet mustard spice blend** and cook for **1 minute**, or until fragrant. Add the **free-range chicken thigh** and cook for **2 minutes** on each side, or until browned (the chicken will continue cooking in step 4). Set the chicken aside on the plate with the lemon slices and leave the frying pan on the heat.



### 5 PREP THE NUTTY GREENS

While the chicken and rice are cooking, place a medium frying pan over a high heat. Add the **walnuts** and toast, stirring, for **2 minutes**, or until browned. Add the **butter**, the chopped **zucchini** and the **broccoli florets** to the pan with the walnuts and cook for **4 minutes**, or until the vegetables are just tender.



### 3 COOK THE VEGGIES

Add a **drizzle** of **olive oil** to the pan and add the **brown onion**, the diced **zucchini** and the **broccoli stalk**. Cook for **4-5 minutes**, or until tender. Crumble in the **chicken stock** cubes and add the **boiling water (check the ingredients list for the amount)** and the **basmati rice**. Season with a **pinch** of **salt** and **pepper** and stir to combine. Bring to the boil, then reduce the heat to low and simmer for **3 minutes**. Remove from the heat and transfer the contents of the pan to the preheated baking dish. Place the **chicken** and the **lemon slices (if using)** on top of the rice and cover with foil.



### 6 SERVE UP

Divide the sweet mustard chicken between plates. Stir the baked rice in the baking dish and divide between plates. Serve the nutty greens and lemon wedges on the side.

## ENJOY!

## 4-5 PEOPLE — INGREDIENTS

	4-5P
olive oil*	refer to method
lemon	1
garlic	2 cloves
brown onion	1
zucchini	2
broccoli	1 head
basmati rice	1 packet (¾ cup)
sweet mustard spice blend	1 sachet (2 tsp)
free-range chicken thigh	1 packet
chicken stock	2 cubes
boiling water*	2 cups
walnuts	1 packet (¼ cup)
butter*	1 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2450kJ (586Cal)	415kJ (99Cal)
Protein (g)	42.0g	7.1g
Fat, total (g)	28.5g	4.8g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	38.2g	6.5g
- sugars (g)	5.5g	0.9g
Sodium (mg)	325mg	55mg

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