



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK18
2016



Honey Mustard Chicken on a Bed of Roast Veggies

A classic combination of honey and mustard never goes amiss. We love the way these flavours caramelize in the oven, giving a crispy, gooey finish. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and fuses with a bed of delicious roast veggies.



Prep: 15 mins

Cook: 40 mins

Total: 55 mins



level 1



lactose
free



eat me
early

Pantry Items



Honey



Seeded
Mustard



Olive Oil



White Wine
Vinegar



Garlic



Chicken Thigh



Red Onion



Zucchini



Sweet Potatoes



Parsley

JOIN OUR PHOTO CONTEST



#HelloFreshAU

QTY	Ingredients
2 tbs	honey *
2 tbs	seeded mustard*
2 tbs	olive oil *
2 cloves	garlic, peeled & crushed
2 tsp	white wine vinegar *
700 g	chicken thighs
1	red onion, cut into wedges
2	zucchini, cut in half lengthways & then into 3 cm chunks
800 g	sweet potatoes, unpeeled & cut into 3 cm chunks
1 bunch	parsley, finely chopped

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2250	Kj
Protein	39.7	g
Fat, total	21.3	g
-saturated	4.9	g
Carbohydrate	43.5	g
-sugars	24	g
Sodium	446	mg



You will need: *chef's knife, chopping board, garlic crusher, large bowl, medium baking dish, baking paper lined oven tray and a medium frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **honey**, **seeded mustard**, half of the **olive oil**, the **garlic** and the **white wine vinegar** in a large bowl. Season with **salt** and **pepper**. Add the **chicken thighs**, toss to coat in the marinade and set aside while you put the vegetables in the oven.



3 Place the **red onion**, **zucchini** and **sweet potato** in a medium baking dish and drizzle with the remaining olive oil. Season with salt and pepper. Toss to coat everything really well. Cook in the oven for **40 minutes** or until golden and soft.

4 Halfway through cooking the vegetables, heat a medium frying pan over a medium-high heat. Add the chicken thighs in two batches and cook for **2 minutes** on each side, brushing with the remaining marinade as it cooks. Once the chicken is golden and sticky, transfer to the lined oven tray and pour over any remaining marinade. Cook the chicken in the oven for the final **10 minutes** of the vegetable cooking time.



5 To serve, divide the chicken and vegetables between plates. Pour any excess honey and mustard sauce from the baking tray over the chicken and vegetables. Garnish with the **parsley**.



Did you know? Wisconsin is home to The Mustard Museum which contains the world's largest collection of mustards and mustard memorabilia.