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## 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



high  
protein



eat me  
early

### Pantry Items



Honey



Seeded  
Mustard



Olive Oil



White Wine  
Vinegar



Garlic



Chicken Thigh



Red Onion



Zucchini



Sweet Potatoes



Parsley

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2P	4P	Ingredients	
½	1	red onion, cut into wedges	⊕
1	2	zucchini, cut into 3 cm thick half moons	
400 g	800 g	sweet potatoes, unpeeled and cut into 3 cm pieces	
2 tbs	4 tbs	olive oil *	
1 tbs	2 tbs	honey *	
1 tbs	2 tbs	seeded mustard *	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 tsp	2 tsp	white wine vinegar *	
350 g	700 g	chicken thighs	
⅓ bunch	⅔ bunch	parsley, finely chopped	⊕

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2520	Kj
Protein	39.8	g
Fat, total	28.3	g
-saturated	5.9	g
Carbohydrate	43.5	g
-sugars	24	g
Sodium	449	mg

**Disclaimer:** Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



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

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

**2** Place **red onion**, **zucchini** and **sweet potato** in a medium baking dish and drizzle with half of the **olive oil**. Toss to coat everything really well. Season with **salt** and **pepper**. Cook in the oven for **35-40 minutes**.



**3** Combine the **honey**, **seeded mustard**, the remaining olive oil, the **garlic** and **white wine vinegar** in a medium bowl. Season with salt and pepper. Add the **chicken thighs** and coat in the marinade.

**4** Meanwhile, heat an ovenproof medium frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side brushing with the remaining marinade as it cooks. Once the chicken is golden and sticky pour over any remaining marinade and transfer the pan to the oven for the final **8 minutes** of the vegetable cooking time.



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



**Did you know?** Honey stored in an air tight container will never spoil.