



# HONEY MUSTARD CHICKEN

with Braised Veggies and Mash



## HELLO FLORA ORIGINAL

Flora contains absolutely no preservatives, artificial colours or flavours.



Leek



Carrot



Radishes



Potato



Flat Leaf Parsley



Chicken Thighs



Spiced Honey Mustard



Chicken Stock Powder



Flora Original

MEAL BAG  
GO

Hands on: **10** mins  
Total: **40** mins

**2.5** of your  
**5** a day

Family Box

Most people eat radishes raw, but cooking transforms this little root into a sweeter, more delicate veggie. In this recipe we poach the veggies to make them tender and tasty - you'll never want to cook them any other way!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Mixing Bowl**, **Colander**, **Large Frying Pan**, some **Baking Paper**, a **Baking Tray**, **Measuring Jug**, some **Foil** and a **Potato Masher**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 180°C. Put a large saucepan of water on to boil for the potato. Remove the root and dark green top from the **leek**. Slice into 2cm thick rounds. Trim the **carrot** (no need to peel) then quarter lengthways. Chop widthways into small pieces. Trim the **radishes**, then cut in half. Chop the **potato** into 2cm chunks (no need to peel!).



### 2 COOK THE POTATO

Put the **chicken** in a mixing bowl with **half** the **honey mustard**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Mix well to coat the **chicken** evenly. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Add the **potato** and a pinch of **salt** to the pan of boiling **water** and cook for 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through. Once cooked, drain in a colander and pop back in the pan with the lid on.



### 3 ROAST THE CHICKEN

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **chicken** and cook until browned, 2-3 mins on each side. Transfer to a baking tray and roast on the top shelf of your oven for 15 mins (don't wash the pan - you'll need it later). **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Once cooked, remove from your oven and allow it to rest for a few mins.



### 4 BRAISE THE VEGGIES

In the meantime, heat a drizzle of **oil** in the now empty pan on medium heat. Add the **leek**, **carrot** and **radishes**. Cook until golden, 5 mins. Stir in the **stock powder** and **water** (see ingredients for amount). Cover loosely with foil (see photo picture, you want the steam to be able to escape so the **stock** can reduce). Reduce the heat to low and simmer until the **veggies** are soft and the **liquid** has reduced by **three-quarters**, 15-20 mins.



### 5 MASH THE POTATO

Roughly chop the **parsley** (stalks and all). Add **half** the **parsley** to the drained **potato** along with a pinch of **salt** and **pepper**. Add the **Flora Original** and mash until smooth, then pop the lid on to keep your **mash** warm and leave to the side.



### 6 FINISH AND SERVE

When the **veggies** are ready, stir in the remaining **parsley** and **spiced honey mustard**. Season to taste with **salt** and **pepper**. Serve the **honey mustard chicken** with the **braised veggies** and **parsley mash** on the side. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Leek	1	2	2
Carrot *	1	2	2
Radishes *	1 pack	1½ packs	2 packs
Potato *	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Chicken Thighs *	4	6	8
Spiced Honey Mustard 9)	2 pots	3 pots	4 pots
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml
Flora Original	20g	30g	40g

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 642G	PER 100G
Energy (kJ/kcal)	2868 / 686	447 / 107
Fat (g)	26	4
Sat. Fat (g)	6	1
Carbohydrate (g)	59	9
Sugars (g)	14	2
Protein (g)	57	9
Salt (g)	0.92	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

9) Mustard

**Flora Ingredients:** Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!