







More Than Food
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Honey Mustard Chicken with Buttery Veggies and Mash

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. Dolloping creamy butter over gives them such a smooth, melt in the mouth flavour - you'll never want to cook your veggies any other way!

 30 mins

 2 of your 5 a day

 mealkit



Leek
(2)



Carrot
(2)



Radishes
(1 pack)



Red Potato
(1 pack)



Flat Leaf Parsley
(1 bunch)



Chicken Thigh
(6)



Spiced Honey Mustard
(2 tbsp)



Chicken Stock Pot
(1)



Water
(150ml)



Milk
(145ml)



Netherend Butter
(30g)


3 PEOPLE INGREDIENTS

- Leek, chopped
- Carrot, chopped
- Radishes, halved
- Red Potato, chopped
- Flat Leaf Parsley, chopped
- Chicken Thigh

2
2
1 pack
1 pack
1 bunch
6

- Spiced Honey Mustard
- Chicken Stock Pot
- Water
- Milk
- Netherend Butter

2 tbsp
1
150ml
145ml
30g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Radishes, being members of the Brassica (mustard and cabbage) family, are related to kale, broccoli, cauliflower, and horseradish, amongst others.

Allergens: Milk, Mustard.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	632 kcal / 2609 kJ	30 g	13 g	47 g	15 g	16 g	3 g
Per 100g	93 kcal / 386 kJ	4 g	2 g	7 g	2 g	2 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



1 Preheat your oven to 200 degrees and put a large pot of water on to boil with a pinch of **salt**. Remove the root and top leafy part from the **leek** and chop into 2cm thick circles. Remove the top of the carrot then peel. Slice it in half lengthways, then cut into strips about 1cm wide. Chop widthways into 1cm cubes. Cut the **radishes** in half. Chop the **potato** into 2cm chunks (no need to peel!). Roughly chop the **parsley**.

4

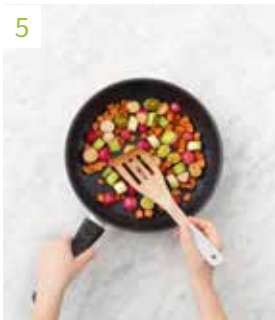


2 Put the **chicken** in a bowl with the **honey mustard**, a drizzle of **oil**, a pinch of **salt** and a grind of **black pepper**. Mix together so your **chicken** gets a nice coating.

3 Add your **potato** to the boiling water and cook for 15-20 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.* Once cooked, drain and pop it back in the pot with the lid on.

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

5



5 Put your now empty frying pan back on medium heat with a drizzle of **oil** and add your **leek**, **carrot** and **radishes**. Cook for 5 mins until golden, then add the **chicken stock pot** and **water** (amount specified in the ingredient list). Stir well to dissolve your **stock pot**, then cover loosely with foil (see picture 5 on how to position the foil - you want the steam to be able to escape so the water reduces slightly).

6 Reduce the heat to low and leave your veggies to bubble away for 15 mins until soft and the **water** has reduced by three-quarters.

5



7 Add half the **milk** and half the **butter** to your **potato** along with half your **parsley**, a pinch of **salt** and a grind of **black pepper**. Mash until smooth, then add more **milk** depending on what consistency you like your mash. Pop a lid on and leave to the side.

8 Once your **veggies** are cooked, add your remaining **butter** to the pan and stir together to melt (and make them rich and buttery!).

9 Serve your **chicken** with your **buttery veggies** and **mash** on the side. Sprinkle over your remaining **parsley** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!