



# Honey Mustard & Thyme Chicken

with Roast Veggie Medley & Feta

Grab your Meal Kit with this symbol



Thyme



Potato



Kumara



Red Onion



Parsnip



Garlic



Wholegrain Mustard



Chicken Thigh



Baby Spinach Leaves



Feta

Hands-on: 30-40 mins  
 Ready in: 45-55 mins Low Calorie

Eat me early

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

### Pantry items

Olive Oil, Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Two oven trays lined with baking paper ·  
Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 bunch	1 bunch
potato	2	4
kumara	1 (medium)	1 (large)
red onion	½	1
parsnip	1	2
garlic	2 cloves	4 cloves
salt*	¼ tsp	½ tsp
honey*	1 tsp	2 tsp
wholegrain mustard	½ packet (20g)	1 packet (40g)
water*	2 tsp	4 tsp
chicken thigh	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
feta	1 block (25g)	1 block (50g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2150kJ (514Cal)	355kJ (85Cal)
Protein (g)	41.6g	6.9g
Fat, total (g)	12.6g	2.1g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	53.8g	8.9g
- sugars (g)	14.7g	2.4g
Sodium (mg)	725mg	120mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Pick the **thyme** leaves. Cut the **potato** and **kumara** (both unpeeled) into 1cm chunks. Slice the **red onion** (see ingredients list) into 3cm wedges. Cut the **parsnip** (unpeeled) into 1cm chunks. Finely chop the **garlic** (or use a garlic press).

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



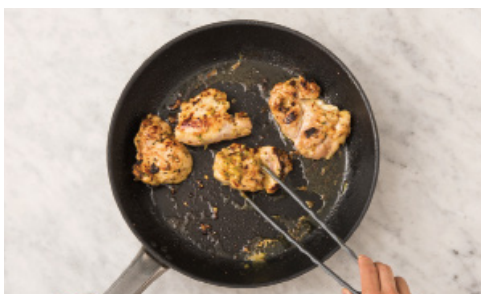
## 2. Roast the veggies

Spread the **potato, kumara, onion** and **parsnip** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **salt** and **1/2 the thyme** and toss to coat. Arrange in a single layer and roast until tender, **25-30 minutes**.



## 3. Make the sauce

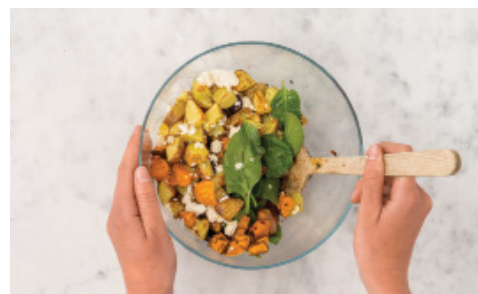
While the veggies are roasting, combine the **garlic, honey, wholegrain mustard** (see ingredients list), a **drizzle of olive oil**, the **remaining thyme** and the **water** in a small bowl. Season with a **pinch of salt and pepper** and mix well. Set aside.



## 4. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **chicken thigh** and cook, turning occasionally, until browned and cooked through, **10-14 minutes** (depending on the size). Pour the **honey mustard mixture** into the pan and turn to coat the **chicken**. Cook until the sauce is bubbling and slightly thickened, **1-2 minutes**. Remove from the heat.

**TIP:** The chicken is cooked when it's no longer pink inside.



## 5. Make the roast veggie medley

In a large bowl, combine the roasted **veggies** and **baby spinach leaves**. Crumble in **1/2 the feta** and toss to combine.



## 6. Serve up

Thickly slice the chicken. Divide the roast veggie medley between plates and top with the honey mustard and thyme chicken. Spoon over any sauce from the pan. Crumble over the remaining feta.

**Enjoy!**