



Creamy Honey Mustard Chicken

with Mash & Steamed Veggies

Grab your Meal Kit
with this symbol



Potato



Carrot



Broccoli



Garlic



Chicken Breast



Longlife Cream



Wholegrain Mustard



Chicken-Style
Stock Powder



Hands-on: **40-50 mins**
Ready in: **45-55 mins**



Eat me early

Dinner tonight proves, once and for all, why honey and mustard is a winning combo. Just add cream and a little chicken stock, and you get a sauce that's so sublime you'll be scraping up every last bit.

Pantry items

Olive Oil, Butter, Milk, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
broccoli	1 head	2 heads
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
butter*	40g	80g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
longlife cream	½ bottle (125ml)	1 bottle (250ml)
wholegrain mustard	½ packet (20g)	1 packet (40g)
honey*	½ tbs	1 tbs
chicken-style stock powder	½ sachet	1 sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3530kJ (843Cal)	491kJ (117Cal)
Protein (g)	44.9g	6.2g
Fat, total (g)	53.7g	7.5g
- saturated (g)	29g	4g
Carbohydrate (g)	41.9g	5.8g
- sugars (g)	12.7g	1.8g
Sodium (mg)	953mg	132mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **carrot** into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Finely chop the **garlic**.



Cook the veggies

Cook the **potato** in the boiling water for **5 minutes**. Place a colander or steamer basket on top of the saucepan, then add the **carrot** and **broccoli**. Cover with a lid and steam until the veggies are tender and the potato can be easily pierced with a knife, **10 minutes**.



Cook the chicken

While the potato is cooking, place your hand flat on top of the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

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



Make the mash

Transfer the **carrot** and **broccoli** to a medium bowl, then drizzle with a little **olive oil** and season with **salt** and **pepper**. Set aside. Drain the **potato** and return to the saucepan. Add the **butter**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Cover to keep warm.



Make the honey mustard sauce

Wipe out the excess **oil** from the frying pan and return to a low heat. Cook the **garlic**, stirring, until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **wholegrain mustard** (see ingredients), **honey** and **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people). Stir until well combined, then return the **chicken** (plus any resting juices) to the pan and turn to coat in the **sauce**. Simmer until thickened slightly, **2-3 minutes**. Season to taste.



Serve up

Slice the chicken. Divide the mash between plates and top with the chicken and steamed veggies. Spoon over the honey mustard sauce.

Enjoy!