



Creamy Honey Mustard Chicken

with Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Garlic



Longlife Cream



Dijon Mustard



Chicken-Style Stock Powder



Salad Leaves



Chicken Thigh



Chicken Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 40-50 mins

Eat Me Early

Calorie Smart

This dinner will have you smiling from all the warm flavours we've packed into this homey dish. Sit down and dig into the sweet yet punchy honey mustard chicken with a classic mash potato and garlicky veggies on the side. It's creamy and hearty so we know you'll enjoy every bite!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	10g	20g
milk*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
carrot	1	2
broccoli	½ head	1 head
garlic	2 cloves	4 cloves
longlife cream	½ bottle (125ml)	1 bottle (250ml)
Dijon mustard	1 packet (15g)	2 packets (30g)
honey*	1 tsp	2 tsp
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
salad leaves	1 small bag	1 medium bag
chicken thigh	1 packet	1 packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (649Cal)	472kJ (112Cal)
Protein (g)	37.4g	6.5g
Fat, total (g)	37.6g	6.5g
- saturated (g)	19.1g	3.3g
Carbohydrate (g)	39.5g	6.9g
- sugars (g)	17.1g	3g
Sodium (mg)	593mg	103mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2471kJ (590Cal)	425kJ (101Cal)
Protein (g)	42.5g	7.3g
Fat, total (g)	28.7g	4.9g
- saturated (g)	16.4g	2.8g
Carbohydrate (g)	39.5g	6.8g
- sugars (g)	17.1g	2.9g
Sodium (mg)	580mg	100mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW19



1 Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel **potato** and cut into large chunks. Cook **potato** in boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** to the **potato**. Mash until smooth. Cover to keep warm.



2 Get prepped

Meanwhile, thinly slice **carrot** into sticks. Cut **broccoli** into small florets, then roughly chop stalk. Finely chop **garlic**.

CUSTOM RECIPE

If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.



4 Cook the veggies

Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **broccoli** until tender, **4-6 minutes**. Add **salad leaves** and **garlic** and cook until fragrant, **1-2 minutes**. Season with a pinch of **salt** and **pepper**. Transfer to a plate and cover to keep warm. Set aside.



5 Cook the chicken

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time add **cream sauce** to the pan and cook until slightly reduced.

CUSTOM RECIPE

Heat frying pan as above. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded). In the last 2 minutes of cook time add cream sauce and cook until slightly reduced.



3 Prep the cream sauce

In a small bowl, combine **longlife cream** (see ingredients), **Dijon mustard**, the **honey**, **chicken-style stock powder** (see ingredients) and a pinch of **pepper**. Set aside.



6 Serve up

Divide mash, garlic veggies and creamy honey mustard chicken between plates. Spoon over any remaining cream sauce from the pan to serve.

Enjoy!