



# Sweet Mustard & Thyme Chicken

with Roast Veggie Toss & Feta

Grab your Meal Kit with this symbol 



Thyme



Potato



Yam



Red Onion



Parsnip



Garlic



Peeled & Chopped Pumpkin



Wholegrain Mustard



Chicken Thigh




Baby Spinach Leaves



Feta

 Hands-on: 25-35 mins  
 Ready in: 45-55 mins  
 Low Calorie

 Eat me early

The 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 here 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	3	6
yam	1 (medium)	1 (large)
red onion	½	1
parsnip	1	2
garlic	2 cloves	4 cloves
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
salt* (for the veggies)	¼ tsp	½ tsp
honey*	1 tsp	2 tsp
wholegrain mustard	½ packet (20g)	1 packet (40g)
salt* (for the chicken)	¼ tsp	½ 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)	1990kJ (476Cal)	343kJ (82Cal)
Protein (g)	40.5g	7.0g
Fat, total (g)	12.8g	2.2g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	45.3g	7.8g
- sugars (g)	17.3g	3.0g
Sodium (mg)	962mg	165mg

## Allergens

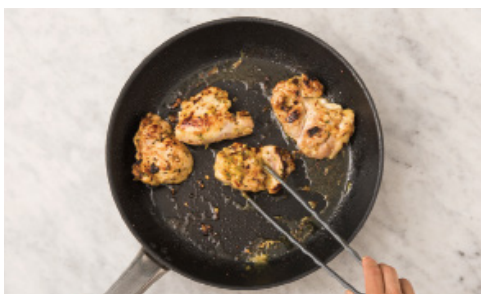
Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Pick the **thyme** leaves. Cut the **potato** and **yam** (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!



## 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**. Remove from the pan from the heat. Pour the **honey-thyme sauce** into the pan and turn to coat the chicken. Return to the heat and cook until the sauce is bubbling and slightly thickened, **1-2 minutes**. Set aside.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**TIP:** If your pan is getting crowded, cook in batches for the best results!



## 2. Roast the veggies

Spread the **peeled & chopped pumpkin, potato, yam, onion** and **parsnip** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, **sprinkle** with the **salt (for the veggies)** and **1/2** the **thyme** and toss to coat. Arrange in a single layer and roast until tender, **20-25 minutes**.



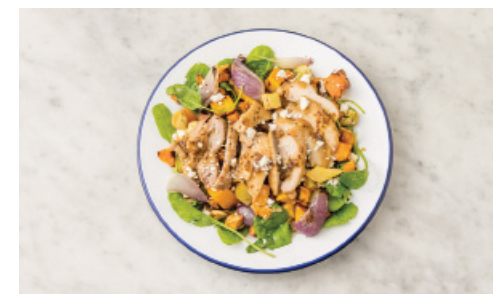
## 5. Make the roast veggie toss

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



## 3. Make the sauce

While the veggies are roasting, combine the **garlic, honey, wholegrain mustard** (see ingredients list), **salt (for the chicken)**, a **drizzle of olive oil** and the **remaining thyme** in a small bowl. Mix well.



## 6. Serve up

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

**Enjoy!**