



MARLEY SPOON



Honey Mustard Chicken with

Apple-Potato Salad and Warm Fennel

 20-30min  2 Portions

Delicious chicken cutlets are smothered in honey and wholegrain mustard before being placed on the BBQ or in the oven until golden and caramelised. Charred fennel makes for a lovely sweetness on the side, completed with a creamy apple and potato salad!

What we send

- parsley, spring onion
- aioli ^{3,7}
- baby fennel
- green apple
- potatoes
- free-range chicken thigh cutlet, skin on and bone in

What you'll require

- Australian honey
- olive oil
- salt and pepper
- wholegrain mustard ¹⁷

Utensils

- Colander
- foil
- medium saucepan
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 715.0kcal, Fat 35.6g, Proteins 37.1g, Carbs 56.1g



1. Cook chicken

Preheat hooded barbecue or oven to 240C. Line an oven tray with foil. Using a sharp knife, make 3 evenly spaced incisions through to the bone of the **chicken** and place on prepared tray. Season with **salt and pepper** and roast for 10 mins.



4. Cook fennel

Meanwhile, halve the **fennel** lengthwise, then cut each half into 4 wedges. Toss the fennel in 1 tbs **oil, salt and pepper**. Cook on the barbecue for 3-4 mins each side, until charred and just tender. If using an oven, place on an oven tray and roast for 15 mins.



2. Boil potatoes

Meanwhile, halve the **potatoes** and quarter any larger ones. Place in a medium saucepan and cover with salted water. Bring to the boil over high heat. Simmer for 8-10 mins until just tender. Drain and leave in the colander to steam dry.



5. Prepare ingredients

Meanwhile, thinly slice the **spring onion** and finely chop the **parsley**. Quarter the **apple**, remove the core and cut into thin wedges. Place the spring onion, parsley and apple in a large bowl.



3. Make marinade

Meanwhile, combine 1 tbs **honey** with 2 tsp **mustard** and 1 tbs **oil** in a bowl. Season with **salt and pepper**. Remove the **chicken** from the BBQ/oven, spoon the **marinade** over the chicken and return for a further 15 mins or until the chicken is cooked through (juices should run clear when meat is pierced with a skewer).



6. Make salad

Add the **aioli** and **potatoes** to the bowl with the **apple**. Season with **salt and pepper** and toss to coat. Serve the **salad** with the **chicken** and the **charred fennel**.