

Webfid00298hero honeymustardchicken 30

Honey-Mustard Chicken

with Potato Wedges and Garlic Veggies



30-40min



4 Portions

All ready in the time it takes to bake your own homemade potato wedges, this family-favourite superstar main bakes tender chicken with an easy honey-mustard sauce, then serves it with simple garlic-infused veggies. Love it!

What we send

- green peas
- tarragon and 1 garlic clove
- aioli ^{3,7}
- broccoli
- carrot
- free-range chicken thigh fillet
- desiree potato

What you'll require

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

Utensils

- 2 oven trays
- baking paper
- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

You can omit the tarragon and serve it separately as an optional garnish, if desired.

Allergens

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

Nutrition per serving

Energy 680.0kcal, Fat 31.2g, Proteins 40.6g, Carbs 51.8g



1. Prepare potatoes

Preheat oven to 220C. Line 2 oven trays with baking paper. Bring a large saucepan of **water** to the boil for the vegetables. Slice the **potatoes** into thin wedges. Place on one oven tray, skin side down, drizzle with 1 tbs **oil** and season with ½ tsp of **sea salt**, if desired. Roast for 25-30 mins until golden brown.



4. Prepare vegetables

Meanwhile, cut **carrots** into batons. Separate stalks and florets from **broccoli** and thickly slice stalks. Pick the **tarragon** leaves and finely chop, discarding the stems. Finely chop the **garlic**.



2. Prepare sauce

Meanwhile, in a small bowl, combine 2 tbs **oil** with 2 tbs **honey** and 1 tbs **wholegrain mustard** and season with **sea salt and pepper**, if desired. Trim any excess fat from the **chicken** and cut each piece in half.



3. Cook chicken

Heat 1 tbs **oil** in a large frypan over high heat. Cook the **chicken**, in 2 batches if necessary, for 2 mins each side or until starting to brown. Transfer to remaining lined oven tray and pour over the **sauce**. Turn to coat chicken thoroughly, then finish cooking in the oven for 10-12 mins until cooked through.



5. Cook vegetables

Cook the **carrots** in the boiling water for 2 mins. Add **broccoli stalks** and cook for 1 min. Add **broccoli florets** and **peas** and cook for 2 mins or until all vegetables are tender. Drain well. Heat 2 tsp **oil** in the same pan over medium heat. Cook **garlic** for 20 secs. Remove from heat. Add the **vegetables** and half the **tarragon** (see cooking tip) and toss to combine.



6. Get ready to serve

Thickly slice the **chicken**. Divide **potato wedges** and **vegetables** between plates and add chicken. Serve **aioli** on the side. Scatter over remaining **tarragon**, if desired.