





Honey and Mustard Chicken

Stuffed with Feta and Lemon

 30-40min  2 Portions

It doesn't get easier or more satisfying than this Greek-inspired stuffed chicken. Simply make a pocket for the lemon slices and feta, pour over a honey, mustard and thyme sauce, and bake. The result? Succulent caramelised chicken oozing with a tangy creamy filling. Simple sides of golden roasted potatoes and blanched beans are all you need to complete this shortcut roast dinner.

What we send

- chat potatoes
- free-range chicken breast fillets
- thyme
- green beans
- feta cheese ⁷
- lemon

*The remainder of this ingredient won't be used in this recipe.

What you'll require

- Dijon mustard ¹⁷
- Australian honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- medium saucepan
- oven tray
- sieve

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

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

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

Nutrition per serving

Energy 580.0kcal, Fat 22.7g, Proteins 45.6g, Carbs 41.6g



1. Roast potatoes

Preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the **potatoes** in half and place on one of the trays. Drizzle over **half the oil**, season with **salt and pepper**, and toss to coat. Roast in the oven for 25 mins or until tender.



4. Roast chicken

Place the **chicken** on the second tray and drizzle over the honey mixture. Roast for 12-14 mins or until chicken is golden brown and cooked through. Meanwhile, bring a small saucepan of salted water to the boil.



2. Prepare ingredients

Meanwhile, pick the **thyme** leaves. Thinly slice **1 lemon** (use half a lemon for 2P** see cooking tip) and juice the **remaining lemon** into a bowl. Thinly slice the **feta**. Trim the **beans** and set aside.



5. Make lemon dressing

Remove the **chicken** from the oven and set aside for 5 mins to rest. Meanwhile, scrape all the tray juices into the bowl of lemon juice. Season to taste with **salt and pepper**.



3. Prepare chicken

Lay the **chicken** fillet(s) flat on a board and cut in half horizontally to make two even sized fillets. Make a long deep incision into the thickest side of each one to make a pocket. Carefully insert the **feta** and **lemon slices** into the pockets. Using a fork, whisk together the **thyme, honey, mustard** and **remaining oil** in a bowl. Season with **salt and pepper**.



6. Cook beans

Cook the **beans** in the pan of boiling water for 2 mins or until just tender. Drain well. Divide the chicken, roasted potatoes and green beans among plates and drizzle with the lemon dressing to serve.