



## Honey and Mustard Chicken

Stuffed with Feta and Lemon



30-40min



4 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

- green beans
- chat potatoes
- free-range chicken breast fillets
- thyme
- lemon
- feta <sup>7</sup>

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

## What you'll require

- Dijon mustard <sup>17</sup>
- 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.

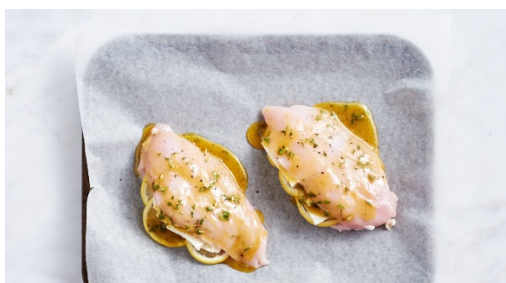
## Nutrition per serving

Energy 580.0kcal, Fat 22.4g, Proteins 46.0g, Carbs 41.5g



**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.



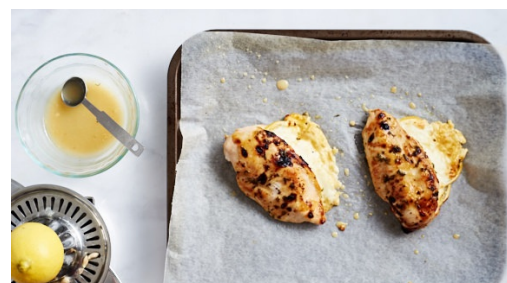
**4. Roast chicken**

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 **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** fillets flat on a board and cut in half horizontally to make two equal 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.