

# MARLEY SPOON



## Honey Mustard Chicken

with Green Beans and Rice



30-40min



4 Portions

A bed of fluffy basmati rice, succulent pan-fried chicken breast, a slew of crunchy vegetables, some golden pepitas and a lip-smacking, honey-mustard sauce to bring it all together... this may well be the perfect mid-week meal. Meat and three veg never, ever looked so good.

## What we send

- 2 x 150g peas

## What you'll require

- Dijon mustard <sup>17</sup>
- Australian honey
- olive oil
- sea salt and pepper
- water
- white wine vinegar <sup>17</sup>
- wholegrain mustard <sup>17</sup>

## Utensils

- large frypan
- large saucepan
- medium saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 750kcal, Fat 20.5g, Carbs 79.9g, Proteins 54.0g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



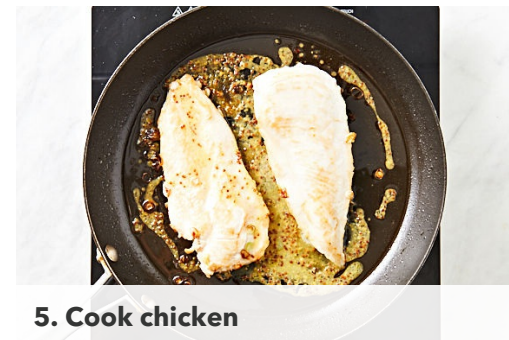
### 4. Cook vegetables

Meanwhile, cook the **carrot** in the pan of boiling water for 3 mins, then add the **peas** and **beans** and cook for a further 2 mins or until the vegetables are tender. Drain. Put the **pepitas** in a cold large deep frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Transfer to a bowl, reserving the pan.



### 2. Prepare ingredients

Trim the **beans** and cut into 2cm lengths. Peel the **carrots**, halve lengthwise, then thinly slice. Trim, then thinly slice the **spring onions**, keeping the white and green parts separate. Put the **chicken** flat on a board, put your hand on top and halve horizontally into 4 equal fillets.



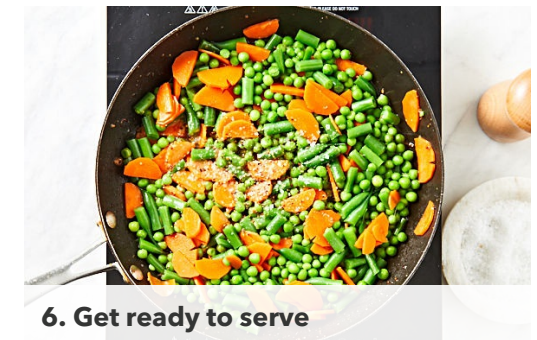
### 5. Cook chicken

Heat **2 tbs olive oil** in the pan over medium-high heat. Cook the **chicken** for 3 mins, then turn over, add the **white part of the spring onion** and spoon over **half the mustard sauce**. Cook for 3 mins or until the chicken is cooked through. Remove the chicken from the pan.



### 3. Make sauce

Bring a large saucepan of salted water to boil for the vegetables. Put **2 tbs boiling water**, **1 tbs Dijon mustard**, **1 tbs wholegrain mustard**, **1 tbs white wine vinegar** and **1 tbs honey** in a bowl, then whisk to combine.



### 6. Get ready to serve

Add the **peas, carrot, beans** and **remaining mustard sauce** to the pan and cook, tossing to coat, for 1-2 mins, until the vegetables are heated through. Season with **salt and pepper**. Divide the **rice, vegetables** and **honey mustard chicken** among plates. Scatter with the **spring onion greens** and **pepitas** to serve.