



Honey Mustard Chicken Thighs with Buttery Potatoes and Peas

Classic 25-30 Minutes • 1 of your 5 a day

45



Lemon



Mayonnaise



Wholegrain Mustard



Salad Potatoes



Chicken Thighs



Lemon & Herb Seasoning



Honey



Peas



Greek Style Salad Cheese



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, bowl, baking tray, baking paper and colander.

Ingredients

Ingredients	2P	3P	4P
Lemon**	1	1	1
Mayonnaise 8 9)	32g	64g	64g
Wholegrain Mustard 9)	17g	25g	34g
Salad Potatoes	350g	500g	700g
Chicken Thighs**	4	6	8
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Honey	15g	22g	30g
Peas**	120g	240g	240g
Greek Style Salad Cheese** 7)	50g	100g	100g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	561g	100g	521g	100g
Energy (kJ/kcal)	3378 /807	602 /144	2503 /598	481 /115
Fat (g)	45.4	8.1	22.8	4.4
Sat. Fat (g)	16.8	3.0	10.2	2.0
Carbohydrate (g)	54.5	9.7	54.6	10.5
Sugars (g)	14.1	2.5	14.2	2.7
Protein (g)	53.7	9.6	50.7	9.7
Salt (g)	1.99	0.35	1.91	0.37

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **9**) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil on high heat for the **potatoes**.

Meanwhile, halve the **lemon**.

In a small bowl, combine the **mayo** and **half** the **mustard** (add less **mustard** if you'd prefer).
Set aside.



Roast the Chicken

Roast the **chicken** on the top shelf of the oven until browned and cooked through, 16-18 mins.
IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

CUSTOM RECIPE

Roast the **chicken breast** on the middle shelf of your oven for 25-30 mins instead, until browned and cooked through.



Boil the Potatoes

Halve the **salad potatoes** (no need to peel).

When boiling, add the **potatoes** to the **water**, lower the heat to medium and cook until you can easily slip a knife through, 15-20 mins.



Cook the Peas

When the **potatoes** have 2 mins remaining, add the **peas** to the same pan and cook for the remaining time.

Once cooked, drain in a colander and return to the pan. Add a squeeze of **lemon juice** and the **butter** (see pantry for amount). Season with **salt** and **pepper**, then toss to combine.



Flavour the Chicken

Lay the **chicken thighs** flat on a large, lined baking tray.

Sprinkle over the **lemon & herb seasoning**, drizzle over the **honey** and spread over the remaining **mustard** with the back of a spoon. Season with **salt** and **pepper**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*
IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, prep the recipe in the same way.



Serve Up

Share the **honey mustard chicken thighs** between your plates.

Serve the **buttery potatoes** and **peas** alongside.

Crumble the **Greek style salad cheese** over the **potatoes**. Finish with a dollop of **mustard mayo** for **dipping**.

Enjoy!

CUSTOM RECIPE

Slice each **chicken breast** widthways into 2cm thick slices and serve.