



# Creamy Honey and Mustard Chicken with Mash and Green Beans

Calorie Smart 30-35 Minutes • Under 650 Calories

24



Potatoes



Garlic Clove



Green Beans



Diced Chicken Thigh



Creme Fraiche



Chicken Stock Paste



Wholegrain Mustard



Honey



Baby Spinach



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Butter, Flour

#### 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, garlic press, frying pan, colander, potato masher and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Diced Chicken Thigh**	240g	350g	520g
Creme Fraiche** 7)	75g	150g	150g
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard 9)	17g	25g	34g
Honey	15g	22g	30g
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Butter*	10g	20g	20g
Flour*	10g	20g	20g
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	564g	100g	564g	100g
Energy (kJ/kcal)	2693 /644	478 /114	2431 /581	431 /103
Fat (g)	30.7	5.4	20.5	3.6
Sat. Fat (g)	14.0	2.5	11.0	1.9
Carbohydrate (g)	60.4	10.7	60.1	10.7
Sugars (g)	11.7	2.1	11.7	2.1
Protein (g)	37.8	6.7	40.7	7.2
Salt (g)	1.66	0.30	1.60	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk 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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Boil the Potatoes

Bring a large saucepan of **water** with  $\frac{1}{2}$   **tsp salt** to the boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

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



## Simmer the Sauce

Add the **garlic**, **butter** and **flour** (see pantry for both amounts) to the **chicken**. Cook, stirring frequently, for 1-2 mins.

Stir in the **creme fraiche**, **chicken stock paste**, **wholegrain mustard** and **water for the sauce** (see pantry for amount).

Simmer the **sauce** until thickened slightly, 4-5 mins.



## Finish the Prep

In the meantime, peel and grate the **garlic** (or use a garlic press).

Trim the **green beans** and cut them into thirds.



## Get Mashed

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Just before you're ready to serve, stir the **honey** through the **sauce**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.



## Get Frying

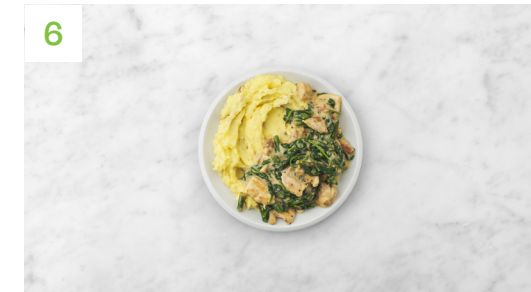
Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins.

Halfway through cooking, add the **green beans**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Serve Up

Taste the **sauce** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick. Spoon the **mash** onto one side of your serving bowls. Serve your **honey mustard chicken** on the other half.

## Enjoy!