



Honey Mustard Chicken Thighs with Peas and Roasted Potatoes

Family 25-30 Minutes

45



Potatoes



Mayonnaise



Wholegrain Mustard



British Chicken Thighs



Lemon & Herb Seasoning



Honey



Peas



Greek Style Salad Cheese



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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

Baking tray, frying pan, bowl and baking paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mayonnaise 8 9)	32g	64g	64g
Wholegrain Mustard 9)	17g	25g	34g
British 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
British Chicken Breasts**	2	3	4

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	543g	100g	503g	100g
Energy (kJ/kcal)	3168 / 757	584 / 140	2293 / 548	456 / 109
Fat (g)	37.1	6.8	14.4	2.9
Sat. Fat (g)	11.6	2.1	4.9	1.0
Carbohydrate (g)	58.8	10.8	59.0	11.7
Sugars (g)	12.6	2.3	12.8	2.5
Protein (g)	54.0	9.9	50.9	10.1
Salt (g)	1.64	0.30	1.56	0.31

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, mollusc, 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

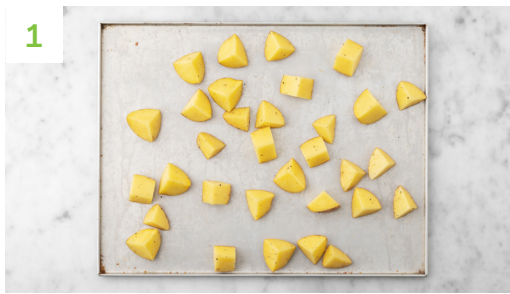
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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

↔ Swap to Chicken Breast

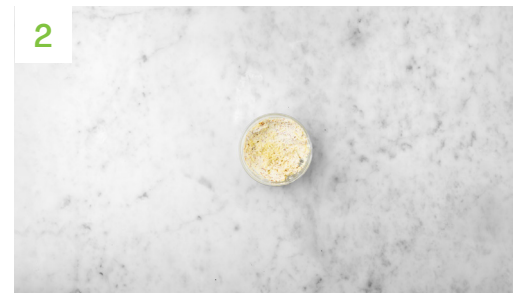
If you've chosen **chicken breast** instead, heat a drizzle of **oil** in a large frying pan on medium-high heat. Fry the **chicken**, 5 mins each side.



Roast the Chicken

Roast the **chicken** on the middle shelf of the oven until browned and cooked through, 16-18 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.



Get Roasting

When the oven is hot, roast the **potato chunks** on the top shelf until golden, 25-30 mins.

Meanwhile, in a small bowl, combine the **mayo** and **half** the **mustard**. Set aside for now.



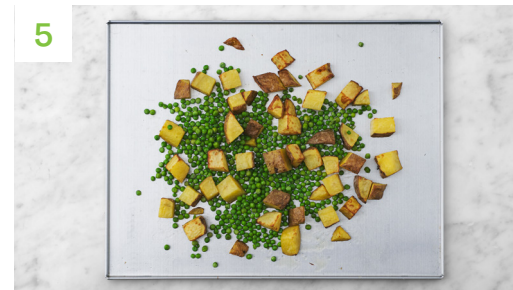
Flavour the Chicken

After your **potatoes** have been cooking for 10 mins, lay the **chicken thighs** flat onto a lined large baking tray.

Sprinkle over the **lemon & herb seasoning**, drizzle on 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.

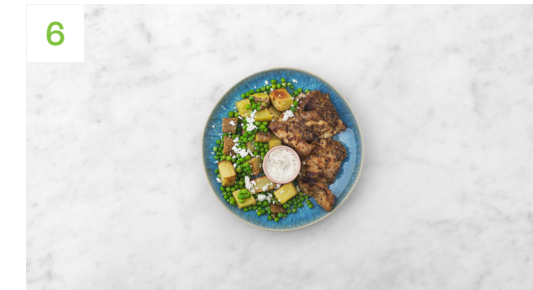
↔ Swap to Chicken Breast

Prep the **seared chicken** in the same way, then roast on the middle shelf of your oven for 15-20 mins. Cut into 1cm thick slices in the final step.



Cook the Peas

When the **potatoes** have 2 mins remaining, add the **peas** to the **potato** roasting tray and return to the oven for the remaining time.



Serve Up

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

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

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

Enjoy!