



Product Spotlight: Thyme

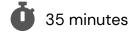
To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Creamy Mustard Chicken

with Potato Bake

Crispy skin chicken breast on a creamy garlic mustard sauce served with a thyme potato bake and sautéd Brussels sprouts.



16 June 2023





Change the Potatoes!

You can use the potatoes to make a creamy mash or dice them to make a hash if preferred!

PROTEIN TOTAL FAT CARBOHYDRATES 55g 52g

FROM YOUR BOX

MEDIUM POTATOES	3
THYME	1 packet
CHICKEN BREAST FILLETS (SKIN ON)	300g
BRUSSELS SPROUTS	200g
BROWN ONION	1
GARLIC CLOVE	1
MUSTARD	1 jar
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, butter (optional), salt, pepper, 1 chicken or vegetable stock cube

KEY UTENSILS

2 oven trays, frypan

NOTES

If you have one, use a food processor with a slicer attachment to thinly slice the potatoes and onion!





1. BAKE THE POTATOES

Set oven to 250°C.

Thinly slice potatoes (see notes). Toss with 5 sprigs thyme, 1/2 crumbled stock cube, 1/2 tbsp oil, 2 tbsp water, salt and pepper on a lined oven tray. Cover and cook for 20 minutes. Uncover and cook for a further 5 minutes.



2. COOK THE CHICKEN

Slash chicken and coat with 1 tsp thyme leaves, **oil**, **salt and pepper**. Place on a second lined oven tray and roast for 20–25 minutes or until cooked through.



3. COOK THE SPROUTS

Meanwhile, quarter Brussels sprouts. Add to a frypan over medium heat with 1/2 tbsp butter, 1/2 tbsp oil, salt and pepper. Cook for 6–8 minutes until tender. Remove from pan and keep warm.



4. COOK THE ONION

Thinly slice onion and add to pan as you go (add more **oil** if needed). Cook for 10 minutes until softened.



5. SIMMER THE SAUCE

Crumble in 1/2 stock cube and crush in 1 garlic clove. Stir in 1 tbsp mustard, sour cream and 5 tbsp water. Simmer for 2 minutes until heated through.



6. FINISH AND SERVE

Transfer sauce to a serving dish. Slice and add chicken on top. Serve with Brussels sprouts and potato bake.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



