



### 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 sautéed Brussels sprouts.



35 minutes



2 servings



Chicken

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!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 55g     | 41g       | 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.



### 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.



### 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.



### 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.



### 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.



### 6. FINISH AND SERVE

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



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