



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Thyme


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



B2 Honey Mustard Chicken

Diced chicken breast and vegetables in a creamy honey mustard sauce with thyme served on a bed of rice.

 20 minutes

 2 servings

 Chicken

18 March 2022

Switch it up!

You can serve the honey mustard chicken with mashed potato or tossed through pasta if preferred! You can add sliced mushrooms or substitute the beans with broccolini.

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CARROT	1
DICED CHICKEN BREAST	300g
THYME	1 packet
GREEN BEANS	1 bag (150g)
MUSTARD	1 jar
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper, honey, soy sauce

KEY UTENSILS

saucepan with lid, large frypan

NOTES

You can add the thyme sprigs whole in step 3 to simmer in the sauce. Simply remove them before serving.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE VEGETABLES

Heat a frypan over medium–high heat with oil. Slice onion and carrot. Add to pan as you go and cook for 2–3 minutes until tender.



3. ADD THE CHICKEN

Add chicken along with 1/2 tbsp thyme leaves and **1–2 tbsp soy sauce** (see notes). Cook for 5 minutes until browned.



4. ADD BEANS AND SIMMER

Trim, halve and add beans to pan. Stir in **2 tsp honey**, 1 tbsp mustard and **1 cup water**. Cover and simmer for 8–10 minutes until chicken is cooked through.



5. STIR IN THE SOUR CREAM

Stir sour cream through chicken until combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve chicken with basmati rice. Garnish with extra thyme leaves.

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**

