



### 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



4 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
	52g	31g	46g

## FROM YOUR BOX

MEDIUM POTATOES	800g
THYME	1 packet
CHICKEN BREAST FILLETS (SKIN ON)	600g
BRUSSELS SPROUTS	300g
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 1/4 packet thyme, **1/2 crumbled stock cube, 1 tbsp oil, 3 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 1/2 tbsp 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 garlic clove. Stir in 1–2 tbsp mustard, sour cream and **1/2 cup 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 tbsp butter, 1 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.



Scan the QR code to  
submit a Google review!

**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**

