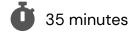


Creamy Mustard Chicken

with Potato Bake

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







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

52g

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.



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.



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.



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**



