



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.



## B4 Honey Mustard Chicken

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

 20 minutes

 4 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	300g
BROWN ONION	1
CARROT	1
DICED CHICKEN BREAST	600g
THYME	1 packet
GREEN BEANS	1 bag (250g)
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 **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**

