

FOR the
Little ones

Steamed
Carrot &
Potato



Sliced chicken
& Sauce



Baked honey Mustard chicken

Golden chicken in a creamy honey mustard sauce, served with smooth mash and roasted carrots.

 40 minutes

 chicken

 4/6 servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	47g	62g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
PARSNIPS	2	3
DUTCH CARROTS	1 bunch	2 bunches
CHICKEN BREAST SKIN ON	600g	600g + 300g
ROSEMARY	1 sprig	2 sprigs
BROWN ONION	1	1
GARLIC CLOVE	1	2
SEEDED MUSTARD	1 jar	2 jars
HONEY	2 x 10g	3 x 10g
SOUR CREAM	1 tub	2 tubs

FROM YOUR PANTRY

oil & butter for cooking, salt, pepper

COOKING TOOLS

large saucepan, oven dish, oven tray

You can roast the potatoes and parsnips along with the carrots if preferred!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. BOIL POTATOES & PARSNIPS

Set oven to 220°C.

Peel and chop **potatoes** and **parsnips** into chunks. Place in a saucepan and cover with water. Bring to the boil, cook for 15 minutes or until very soft. Drain, reserving **1 cup water**, and return to pan (see step 5).



4. PREPARE THE SAUCE & ROAST

Dice **onion** and cook in the frypan with **oil** for 2–3 minutes until softened. Add **crushed garlic, mustard, honey, 1 cup water** and **sour cream**. Simmer briefly then pour **sauce** into dish with **chicken**. Roast for 15 minutes or until **chicken** is cooked through.



2. PREPARE THE CARROTS

Trim **dutch carrots** and toss with **oil, salt and pepper** on a lined oven tray. Roast in the oven for 15 minutes or until golden.

tip You can blanch the carrots instead in the boiling water.



5. FINISH THE MASH

Meanwhile, mash **vegetables** with **40g butter** and **1/2 cup cooking water** (use more if needed) until smooth and creamy. Season well with **salt and pepper** to taste.

tip Use milk instead of cooking water for a richer flavour.



3. SEAR THE CHICKEN

Halve each **chicken breast**. Rub with **chopped rosemary, oil and salt**.

Heat a frypan over high heat and sear **chicken** for 1–2 minutes on each side. Transfer to an oven dish, reserve pan.



6. FINISH AND SERVE

Serve **mash** with **creamy honey mustard chicken** and **roasted dutch carrots**.

tip Top with a fresh herb if you have in your garden such as parsley, chives or oregano!