



### Product Spotlight: Mustard

The little jar that this flavour-bomb mustard comes in is so easy to reuse!

We love packing them with salad dressing, sauce, spice mixes or seed toppings for no-spill transport.



## Mustard Chicken and Spinach Potato Bake

This savoury flavour-bomb will have everyone at the table satisfied! Rosemary roasted potatoes, tossed with mustard chicken breast in a creamy sauce with baby spinach and baked until golden and delicious.



30 minutes



2 servings



Chicken

## Switch it up!

*Don't want to serve the broccoli as a side dish? Finely chop and add to the sauce. You can also add grated zucchini and carrot, frozen peas, and top with grated cheese or bread crumbs.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 13g **CARBOHYDRATES** 81g

## FROM YOUR BOX

MEDIUM POTATOES	3
ROSEMARY	1 sprig
BROWN ONION	1
GARLIC	1 clove
PRE-COOKED CHICKEN BREAST	1 packet
BROCCOLI	1
MUSTARD	1 jar
CREAM CHEESE	1 tub
BABY SPINACH	60g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

## KEY UTENSILS

large frypan, oven tray, oven dish

## NOTES

If you have a mandolin, you can use it to for quickly slicing potatoes.

Oven tray over-crowded? Split potatoes across oven tray and oven dish used in step 4 for even roasting.



### 1. ROAST THE POTATOES

Set oven to 250°C.

Thinly slice potatoes (see notes) and finely chop rosemary leaves. Toss on a lined oven tray with **oil, salt and pepper**. Roast on top shelf for 15 minutes (see step 4).



### 2. PREPARE THE INGREDIENTS

Thinly slice onion and crush garlic. Roughly tear chicken.

Chop broccoli into florets and set aside for step 5.



### 3. MAKE THE SAUCE

Heat a large frypan over medium-high heat with **oil**. Add onion and garlic. Cook for 3-5 minutes until softened. Add mustard, cream cheese, chicken, **3/4 cup water** and **crumbled stock cube**. Mix to combine and cook for 5 minutes. Stir in spinach to wilt. Season to taste with **salt and pepper**. Reserve pan for step 5.



### 4. MAKE THE BAKE

Reduce oven heat to 220°C. Toss semi-roasted potatoes in an oven dish with sauce (see notes). Bake in oven for 10 minutes.



### 5. COOK THE BROCCOLI

Wipe frypan clean and reheat over medium-high heat with **oil**. Add broccoli to pan. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to **taste with salt and pepper**.



### 6. FINISH AND SERVE

Serve bake tableside along with broccoli.



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