

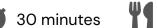
### **Product Spotlight:** Mustard

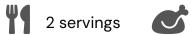
The little jar that this flavour-bomb mustard comes in is so easy to reuse! We love packing them with salad dressing, sauce, spice mixes or seed toppings for no-spill transport.

# **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.









# 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.

PROTEIN TOTAL FAT CARBOHYDRATES Per serve: 43g 13g 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.



# 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



tear chicken.

for step 5.

**1. ROAST THE POTATOES** 

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).

Set oven to 250°C.

**4. MAKE THE BAKE** 

minutes.

Reduce oven heat to 220°C. Toss semi-

roasted potatoes in an oven dish with

sauce (see notes). Bake in oven for 10

### **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.

2. PREPARE THE INGREDIENTS

Thinly slice onion and crush garlic. Roughly

Chop broccoli into florets and set aside



#### **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.



### 6. FINISH AND SERVE

Serve bake tableside along with broccoli.