



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



4 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	TOTAL FAT	CARBOHYDRATES
	24g	7g	57g

FROM YOUR BOX

MEDIUM POTATOES	800g
ROSEMARY	2 sprigs
BROWN ONION	1
GARLIC	2 cloves
PRE-COOKED CHICKEN BREAST	1 packet
BROCCOLI	1
MUSTARD	1 jar
CREAM CHEESE	1 tub
BABY SPINACH	120g

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, **1 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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