



Honey Mustard Chicken

with green beans and potato wedges

Calorie Smart 35 – 40 mins

16



Chicken Breast



Honey



Mustard



Garlic



Potatoes



Chicken Stock



Green Beans

Pantry Items: Oil, Pepper, Salt, Water, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Honey	2 sachets	4 sachets
Mustard	1 sachet	2 sachets
Garlic	1 unit	2 units
Potatoes	600 g	1200 g
Chicken Stock	1 sachet	2 sachets
Green Beans	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	558 g	100 g
Energy (kJ/kcal)	2175.7 kJ/ 520 kcal	389.9 kJ/ 93.2 kcal
Fat (g)	6.3 g	1.1 g
Sat. Fat (g)	1.8 g	0.3 g
Carbohydrate (g)	66.6 g	11.9 g
Sugars (g)	11.9 g	2.1 g
Protein (g)	43 g	7.7 g
Salt (g)	1.1 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 1cm wide wedges (no need to peel).
- Pop the wedges onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

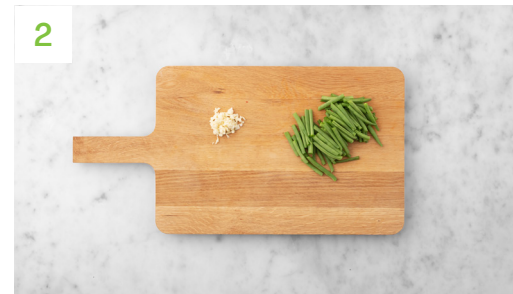
TIP: Use two baking trays if necessary.



Cook the Chicken

- Return the pan to medium-high heat a drizzle of **oil**.
- When hot, add the **chicken** and season with **salt** and **pepper**.
- Cook through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: Cook in batches if your pan is too crowded.



Get Prepped

- Meanwhile, trim the **green beans**.
 - Peel and grate the **garlic** (or use a garlic press).
 - Place a hand flat on top of the **chicken** and slice through horizontally to make two thin **steaks**.
- IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Repeat with the other **breast(s)**.

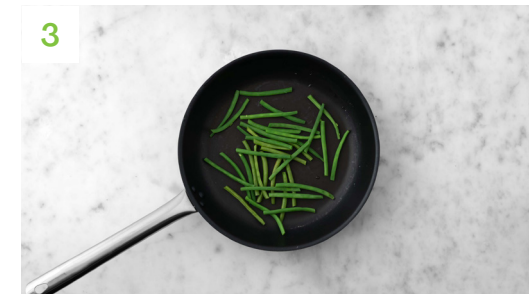
TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Make Your Sauce

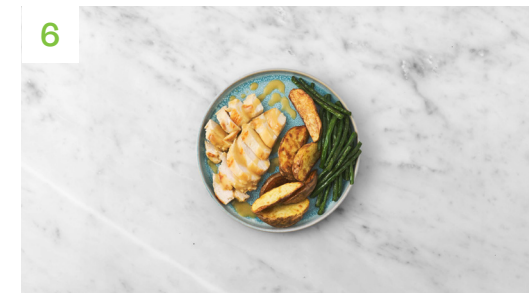
- Add the **mustard**, **stock** and 50ml **water** (double for 4p) to the **chicken**.
- Cook, stirring, until the sauce is slightly thickened and has coated the **chicken** well, 2-3 mins.
- Season to taste with **salt** and **pepper**.
- Remove from the heat and stir through a knob of **butter** and the **honey**.

TIP: To reduce the heat in this recipe you can use less mustard.



Fry the Green Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans** and fry until starting to char, 2-3 mins.
- Stir in the **garlic**, lower heat to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until tender, 4-5 mins. Remove from the pan and cover to keep warm.



Finish and Serve

- Divide **chicken**, **potato** wedges and **green beans** between plates.
- Pour any extra glaze from the pan over the **chicken**.

Enjoy!