



Lemon Honey Chicken

with baby potatoes and carrots

35 – 40 mins

20



Chicken Breast



Baby Potatoes



Rosemary



Onion



Honey



Mustard



Lemon



Stock



Carrot



Parsnip



Baby Spinach

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



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, zester

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Baby Potatoes	500 g	1000 g
Rosemary	1 unit	2 units
Onion	1 unit	2 units
Honey	1 sachet	2 sachets
Mustard	1 sachet	2 sachets
Lemon	1 unit	2 units
Stock	1 sachet	2 sachets
Carrot	1 unit	2 units
Parsnip	1 unit	2 units
Baby Spinach	60 g	120 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	730 g	100 g
Energy (kJ/kcal)	2623.4 kJ/ 627 kcal	359.4 kJ/ 85.9 kcal
Fat (g)	7.4 g	1 g
Sat. Fat (g)	3.1 g	0.4 g
Carbohydrate (g)	92.9 g	12.7 g
Sugars (g)	25.1 g	3.4 g
Protein (g)	48.5 g	6.6 g
Salt (g)	1.3 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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1 Roast the Veg

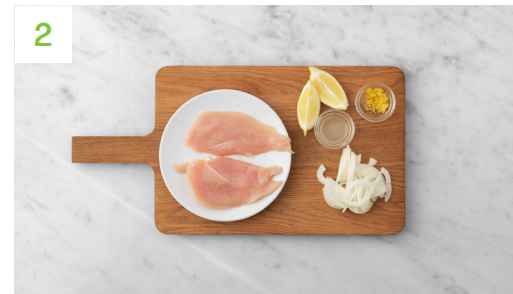
- Preheat oven to 220°C/200°C fan/gas mark 7.
- Chop **potatoes** into 2cm chunks. Trim the **carrot**. Slice into 1cm rounds.
- Pick the **rosemary leaves**.
- Trim the **parsnip** and halve lengthways. Cut into 1cm wide, 5cm long batons.
- Pop **potato, parsnip** and **carrot** on a lined baking tray. Toss with **salt, pepper, rosemary** and a drizzle of **oil**. Roast on top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



4 Soften the Veg

- Return the pan to medium heat with a drizzle of **oil** if necessary.
- Once hot, fry the **onion** until softened, stirring occasionally, 4-5 mins.



2 Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Zest and halve the **lemon**. Juice one **half** and cut the other **half** into thick wedges.
- Lay the **chicken** out on a board and place a hand flat on top. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Slice through horizontally to make two thin **steaks**.

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



5 Simmer the Sauce

- Add **honey, mustard, stock**, 1 tbsp **sugar** (per 2P) and 50ml **water** (per 2P) to the pan.
- Stir in **lemon** zest and add the **lemon** juice, 1 tbsp at a time, to taste.
- Cook, stirring, until the sauce thickens slightly, 2-3 mins.
- Add the **chicken** back to the pan and cook, ensuring to coat well in the sauce.
- Season to taste with **salt** and **pepper**.

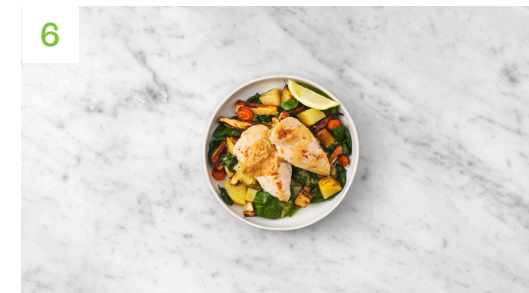
TIP: Add a splash of water to loosen the sauce if necessary.



3 Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken steaks** and season with **salt** and **pepper**.
- Cook through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.

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



6 Finish and Serve

- Divide the **spinach** and roast veg between plates.
- Top with the **chicken**.
- Drizzle over the lemony sauce from the pan.
- Serve the **lemon** wedges on the side for squeezing over.

Enjoy!