



Lemon Honey Chicken

with baby potatoes and carrots

Calorie Smart 35 – 40 mins

11



Chicken Breast



Baby Potatoes



Salad Leaves



Rosemary



Onion



Honey



Mustard



Lemon



Chicken Stock



Carrot



Parsnip

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



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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
Salad Leaves	40 g	80 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
Chicken Stock	1 sachet	2 sachets
Carrot	1 unit	2 units
Parsnip	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	714 g	100 g
Energy (kJ/kcal)	2493.7 kJ/ 596 kcal	349.3 kJ/ 83.5 kcal
Fat (g)	7.2 g	1 g
Sat. Fat (g)	1.6 g	0.2 g
Carbohydrate (g)	86 g	12 g
Sugars (g)	19 g	2.7 g
Protein (g)	44 g	6.2 g
Salt (g)	1.2 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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1 Roast the Veg

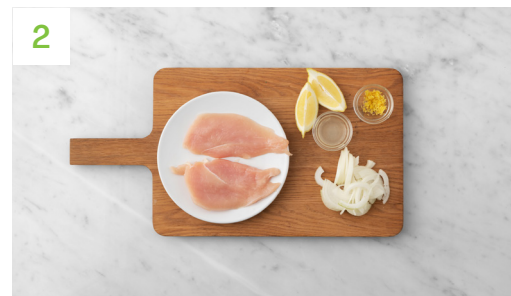
- Preheat oven to 220°C/200°C fan/gas mark 7.
- Chop **potatoes** into 2cm chunks. Trim the **carrot**. Slice into 1cm rounds.
- Pick the **rosemary** leaves.
- Trim the **parsnip** and halve lengthways. Cut into 1cm wide, 5cm long batons.
- Pop **potato**, parsnip and **carrot** on a lined baking tray. 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** and 50ml **water** (double both for 4p) 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**.

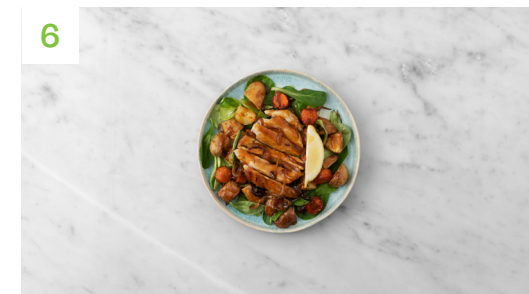
TIP: Add a splash of water to loosen the sauce if necessary.



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 **salad leaves** 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!