



Honey Mustard Chicken

with seasoned BBQ wedges

Family 30-35 mins

5



Chicken Thigh



Honey



Mustard



Garlic



Potatoes



BBQ Rub



Lemon



Broccoli



Soy Sauce

Before you start

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

Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper, Pan with Lid

Ingredients

	2P	4P
Chicken Thigh	400 g	800 g
Honey	2 sachets	4 sachets
Mustard	1 sachet	2 sachets
Garlic	1 unit	2 units
Potatoes	400 g	800 g
BBQ Rub	1 sachet	2 sachets
Lemon	1 unit	2 units
Broccoli	1 unit	1 unit
Soy Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	600 g	100 g
Energy (kJ/kcal)	2444.9 kJ/ 584.3 kcal	407.5 kJ/ 97.4 kcal
Fat (g)	20.8 g	3.5 g
Sat. Fat (g)	5.3 g	0.9 g
Carbohydrate (g)	53 g	8.8 g
Sugars (g)	12.3 g	2 g
Protein (g)	46.5 g	7.8 g
Salt (g)	2.5 g	0.4 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.

Contact

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Roast the Wedges

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the wedges onto a lined baking tray.
- Drizzle with **oil**, season with **salt, pepper** and **BBQ rub** 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 halfway through.

TIP: Use two baking trays if necessary.



Fry the Broccoli

- Return the (now empty) pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry for 2-3 mins.
- Stir in half the **garlic**, turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **broccoli** is tender, 4-5 mins.
- Remove from heat, then add **lemon** zest and juice from **lemon** wedges to taste. Season to taste with **salt** and **pepper**.



Get Prepped

- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lemon**, then cut into thick wedges.



Make Your Glaze

- While the **broccoli** cooks, place a (separate) medium pan over medium-high heat.
- When hot, add 1 tbsp **butter** (double for 4p), and swirl to melt.
- Add remaining **garlic** and cook until fragrant, 30 secs.
- Add **mustard, honey** and **soy sauce**. Cook, stirring, until sauce slightly thickens, 1-2 mins.

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



Cook the Chicken

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Once the **oil** is hot, lay the **chicken thighs** flat in the pan. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper** and fry until browned on each side and cooked through, 15-18 mins. Turn every 3-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Remove the **chicken** from the pan.



Finish and Serve

- Add the **chicken** to the pan with glaze, then turn to coat.
- Divide **chicken, potato wedges** and **broccoli** between plates.
- Drizzle any remaining glaze over the **chicken**.

Enjoy!