



Lemony Honey Chicken with baby potatoes and carrots

Classic 40-45 mins

1



Chicken Breast



Chicken Stock



Salad Leaves



Rosemary



Onion



Honey



Mustard



Lemon



Baby Potatoes



Carrot

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

Before you start

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

Cooking tools you will need

Zester, Oven Dish, Peeler

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Chicken Stock	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Rosemary	5 g	10 g
Onion	1 unit	2 units
Honey	1 sachet	2 sachets
Mustard	2 sachets	4 sachets
Lemon	1 unit	2 units
Baby Potatoes	400 g	800 g
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	620.5 g	100 g
Energy (kJ/kcal)	2348.7 kJ/ 561.4 kcal	378.5 kJ/ 90.5 kcal
Fat (g)	20.7 g	3.3 g
Sat. Fat (g)	5.5 g	0.9 g
Carbohydrate (g)	54.7 g	8.8 g
Sugars (g)	14.6 g	2.4 g
Protein (g)	42.1 g	6.8 g
Salt (g)	1.8 g	0.3 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.

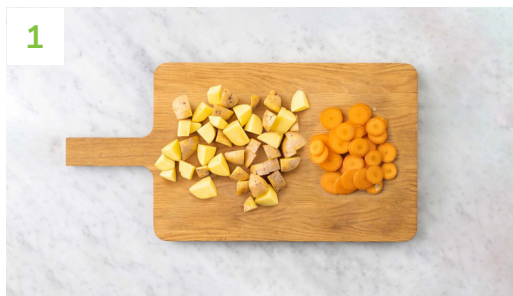
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **baby potatoes** into 2cm chunks. Peel the **carrots** and cut into 1cm rounds.
- Pick half the **rosemary** leaves (double for 4p) from their stalks.
- Add the **potatoes, carrots** and **rosemary** to an oven dish. Drizzle with **oil** and season with **salt** and **pepper**.
- Once oven is hot, roast for 15-20 mins, until golden.



Cook the Chicken

- Cut the **chicken** in half to make two thin fillets.
- Add the **chicken** and **onion** to the sauce and toss together. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Then, lay the **chicken** and **onions** over the roasted vegetables. Drizzle any remaining sauce over.
- Roast until the **chicken** is cooked through, 18-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep the Fruit and Veg

- While the vegetables roast, halve and peel the **onion** and then cut each half into 3 wedges.
- Zest and halve the **lemon**.



Make the Salad

- Toss the **salad leaves** in a drizzle of **oil**, a squeeze of **lemon juice**, **salt** and **pepper**—all to taste.



Make The Sauce

- In a large bowl mix together the **honey, mustard, stock, lemon** zest and a drizzle of **oil**.
- Stir in the juice of half a **lemon**, 1 tbsp **sugar** and 75ml **water** (double all for 4p).



Dish Up

- After cooking, remove the **chicken** from the oven.
- Divide the **chicken** and veg onto plates and serve with salad.
- Cut any remaining **lemon** into wedges and serve alongside.

Enjoy!