







More Than Food  
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## Grain Mustard Potato Salad with Chicken

Tonight's recipe comes with a little history lesson in mustard. We first hear mention of this fiery little condiment from the Romans back in the 4th century, but it really hit the headlines when it reached Dijon around 800 years later. In fact, people went so potty for the stuff that when the Duke of Burgundy threw a party in 1336 his guests ate 70 gallons of mustard in one sitting! We've sent you slightly less tonight, but we hope you'll go potty too.



30 mins



healthy



family box



gluten free



New Potatoes (2 packs)



Spring Onion (6)



Celery (1 stick)



Flat Leaf Parsley  
(2 tbsp)



Green Beans  
(2 packs)



Chicken Breast (4)



Cider & Horseradish  
Wholegrain Mustard (2 tsp)



Red Wine Vinegar  
(1 tbsp)



Sour Cream  
(1 pot)


## 4 PEOPLE INGREDIENTS

- New Potatoes, chopped **2 packs**
- Spring Onion, sliced **6**
- Celery, chopped **1 stick**
- Flat Leaf Parsley, chopped **2 tbsp**
- Green Beans, choppe **2 packs**
- Chicken Breast **4**
- Cider & Horseradish Wholegrain Mustard **2 tsp**
- Red Wine Vinegar **1 tbsp**
- Sour Cream **1 pot**

**Allergens:** Celery, Mustard, Sulphites, Milk.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	516 kcal / 2154 kJ	18 g	9 g	36 g	9 g	53 g	1 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The name mustard comes from when the Romans used to mix unfermented grape juice, known as 'MUST', with ground mustard seeds to make burning must, known as 'mustum ARDens'.

2



**1** Bring a pot of water with a pinch of **salt** to a gentle boil. Chop (but don't peel) the **potatoes** into 2cm cubes. Boil the **potatoes** until just soft enough to eat (don't overcook them!).

**2** Cut the **spring onions** in half lengthways, then thinly slice. Chop the **celery** lengthways into six strips then finely chop widthways. Finely chop the **parsley**. Chop the very tops and bottoms from the **beans** and then slice them in half lengthways.

3



**3** Place your hand flat on each **chicken breast** and slice into it from the side. **Tip:** *You want to be able to open up the chicken breast like a book (this is called 'butterflying').* Lay the **chicken** between two sheets of clingfilm. Whack the **chicken** using the base of a pan or a rolling pin until it is 1cm thick.

**4** Heat a good splash of **olive oil** in a non-stick frying pan on medium-high heat. Season your **chicken** on both sides with a pinch of **salt** and some **black pepper**. Once the pan is hot cook your **chicken** for around 4 mins on each side then remove.

**Tip:** *The chicken is cooked once it is no longer pink in the middle.*

6



**5** Once your **potatoes** are cooked remove them from the pot (a 'slotted' spoon, i.e. one with holes in it, makes this easier) and put them in a large bowl. Now cook the **beans** in the water for a few mins until just soft enough to eat. **Tip:** *Drain the beans once ready and put in a bowl of icy cold water to stop them going soft.*

**6** Thoroughly mix the **mustard**, **vinegar** and a drizzle of **olive oil** in a bowl. Stir in the sliced **spring onion** with a pinch of **salt** and a few good grinds of **black pepper**. **Tip:** *If you happen to have a lemon in the larder then a grating of lemon zest wouldn't go amiss.*

7



**7** Add your dressing to the **potatoes** in the bowl, then add the **celery**, **parsley** and the drained **green beans**. Lastly stir through the **sour cream**.

**8** Slice your **chicken** and lay across the top of your warm **potato** salad.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!