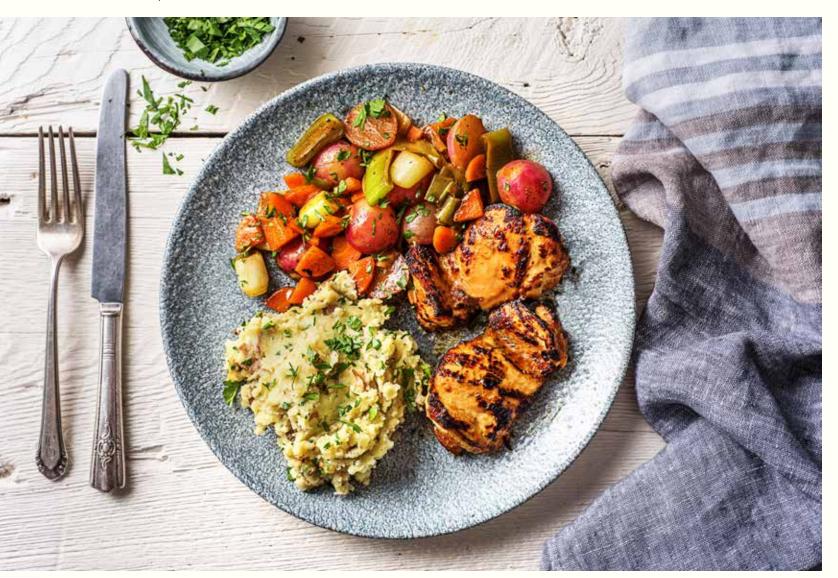


HONEY MUSTARD CHICKEN

with Braised Veggies and Mash





HELLO FLORA ORIGINAL

Flora contains absolutely no preservatives, artificial colours or flavours.









Radishes





Flat Leaf Parsley







Spiced Honey Mustard

Chicken Stock Powder



Flora Original

Hands on: 10 mins Total: 40 mins



MEAL BAG

2.5 of your 5 a day



Family Box

Most people eat radishes raw, but cooking transforms this little root into a sweeter, more delicate veggie. In this recipe we poach the veggies to make them tender and tasty - you'll never want to cook them any other way!

BEFORE YOU = **START**

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Saucepan (with a Lid), Mixing Bowl, Colander, Large Frying Pan, some Baking Paper, a Baking Tray, Measuring Jug, some Foil and a Potato Masher. Now, let's



PREP THE VEGGIES

■ Preheat your oven to 180°C. Put a large saucepan of water on to boil for the potato. Remove the root and dark green top from the leek. Slice into 2cm thick rounds. Trim the carrot (no need to peel) then quarter lengthways. Chop widthways into small pieces. Trim the radishes, then cut in half. Chop the potato into 2cm chunks (no need to peel!).



COOK THE POTATO

Put the **chicken** in a mixing bowl with half the honey mustard, a drizzle of oil and a pinch of **salt** and **pepper**. Mix well to coat the **chicken** evenly. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Add the potato and a pinch of salt to the pan of boiling water and cook for 15-20 mins. *** TIP:** The potato is cooked when you can easily slip a knife through. Once cooked, drain in a colander and pop back in the pan with the lid on.



ROAST THE CHICKEN

Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat. Once hot, add the chicken and cook until browned, 2-3 mins on each side. Transfer to a baking tray and roast on the top shelf of your oven for 15 mins (don't wash the pan - you'll need it when it is no longer pink in the middle. Once cooked, remove from your oven and allow it to rest for a few mins.



BRAISE THE VEGGIES

In the meantime, heat a drizzle of oil in the now empty pan on medium heat. Add the leek, carrot and radishes. Cook until golden, 5 mins. Stir in the **stock powder** and **water** (see ingredients for amount). Cover loosely with foil (see photo picture, you want the steam to be able to escape so the **stock** can reduce). Reduce the heat to low and simmer until the **veggies** are soft and the **liquid** has reduced by three-quarters, 15-20 mins.



MASH THE POTATO

Roughly chop the **parsley** (stalks and all). Add half the parsley to the drained potato along with a pinch of salt and pepper. Add the Flora Original and mash until smooth, then pop the lid on to keep your **mash** warm and leave to the side.



FINISH AND SERVE

When the **veggies** are ready, stir in the remaining parsley and spiced honey mustard. Season to taste with salt and pepper. Serve the honey mustard chicken with the braised veggies and parsley mash on the side. **Enjoy!**

INGREDIENTS

	2P	3P	4P
Leek	1	2	2
Carrot *	1	2	2
Radishes *	1 pack	1½ packs	2 packs
Potato *	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley 🏶	1 bunch	1 bunch	1 bunch
Chicken Thighs *	4	6	8
Spiced Honey Mustard 9)	2 pots	3 pots	4 pots
Chicken Stock	1	1½	2
Powder	sachet	sachets	sachets
Water*	100ml	150ml	200ml
Flora Original	20g	30g	40g

*Not Included

* Store in the Fridge

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NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 642G	PER 100G
Energy (kJ/kcal)	2868 /686	447 /107
Fat (g)	26	4
Sat. Fat (g)	6	1
Carbohydrate (g)	59	9
Sugars (g)	14	2
Protein (g)	57	9
Salt (g)	0.92	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Mustard

Flora Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

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.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK