



STICKY HONEY-ROASTED CHICKEN

with Sweet Potatoes and Zucchini

FAMILY



HELLO

HONEY-MUSTARD

Our DIY take on this condiment adds a sweet and tangy flavour to chicken

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 479



Chicken Thighs



Sweet Potato, cubes



Red Onion, cubes



Zucchini



Parsley



Garlic



White Wine Vinegar



Whole-Grain Mustard



Honey

BUST OUT

- 2 Baking Sheet
- Paper Towel
- Garlic Press
- Large Bowl
- Large Non-Stick Pan
- Measuring Cups
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Thighs 680 g
- Sweet Potato, cubes 680 g
- Red Onion, cubes 113 g
- Zucchini 454 g
- Parsley 10 g
- Garlic 20 g
- White Wine Vinegar 9 2 tbsp
- Whole-Grain Mustard 6,9 2 tbsp
- Honey 4 tbsps 4 tbsps

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **425°F** (to roast the veggies and chicken). Start prepping when the oven comes up to temperature!



1 ROAST SWEET POTATO
Wash and dry all produce.* On a baking sheet, toss the **sweet potato** and **onions** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the veggies are golden-brown, 20-22 min.



4 COOK CHICKEN
Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden, 2-3 min per side. (Keep remaining marinade for later use!) Remove pan from heat and transfer chicken to the other side of the baking sheet with **zucchini**. Roast in the oven until chicken is cooked through, 7-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



2 PREP CHICKEN
Meanwhile, mince or grate the **garlic**. In a large bowl, combine the **honey, mustard, garlic** and **vinegar**. Season with **salt** and **pepper**. Pat the **chicken** dry with paper towels, then add to the **marinade**. Toss to coat. Set aside.



5 COOK SAUCE
Heat the same pan over medium heat, add the **remaining marinade**, any **chicken juices** from the baking sheet and **2/3 cup water** to the same pan. Cook, scraping up the **brown bits** on the bottom of the pan (this will add loads of extra flavour) and bring to a boil over medium heat. Simmer until the sauce reduces by half, 1-2 min.



3 PREP ZUCCHINI
Finely chop the **parsley**. Cut the **zucchini** into 1-inch pieces. On one side of another baking sheet, toss the zucchini and **half the parsley** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the oven until golden brown, 18-20 min.



6 FINISH AND SERVE
Divide the **chicken** and **veggies** between plates. Drizzle with the **pan sauce** and sprinkle over the **remaining parsley**.

GENIUS!

Fan of the marinade? Try it as a salad dressing with the addition of olive oil.