

DINNERLY



REBOOT Honey Mustard Chicken Thighs with Green Beans and Carrots



20-30min



2 Servings

Chicken drumsticks are so underrated! Juicy, flavorful, and quick-cooking, we think they deserve some time to shine, so we've put them front and center draped in a sweet honey mustard glaze. This colorful meal is sure to be a hit with everyone at the table, including the kids who will love the excuse to eat with their hands! (We do, too!) We've got you covered!

WHAT WE SEND

- 2 carrots
- 8 oz green beans
- 12 oz boneless, skinless chicken thighs
- ½ oz honey
- ½ oz whole grain mustard ¹⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- rimmed baking sheet
- medium saucepan

ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 320kcal, Fat 11g, Carbs 22g, Protein 27g



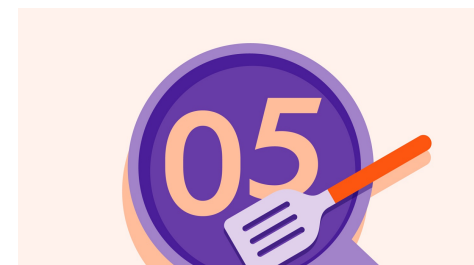
1. Prep ingredients

Preheat oven to 450°F with top rack 6-inches from heat source. Trim ends from **carrots**, peel, halve crosswise, and cut into sticks, about ½-inch thick. Transfer to a medium bowl; toss with **1 tablespoon oil** and **a pinch each salt and pepper**. Trim ends from **green beans**.



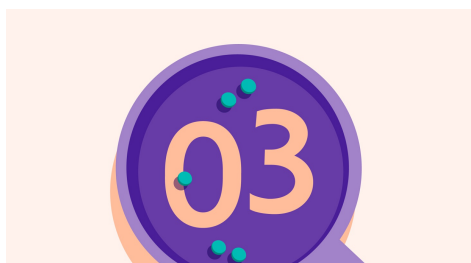
2. Roast chicken & carrots

Lightly **oil** a rimmed baking sheet. Arrange **carrots** on one half of the baking sheet. Add **chicken** to the empty half of the baking sheet. Rub chicken lightly with **oil**, and season with **¼ teaspoon salt** and **a few grinds pepper**. Roast on top oven rack until carrots are tender and chicken is cooked through, about 15 minutes.



3. Cook green beans

Meanwhile, bring a medium saucepan of **salted water** to a boil. Add **green beans** and cook until crisp-tender, 3–4 minutes. Drain, and transfer to a medium bowl. Drizzle with **oil** and season to taste with **salt and pepper**.



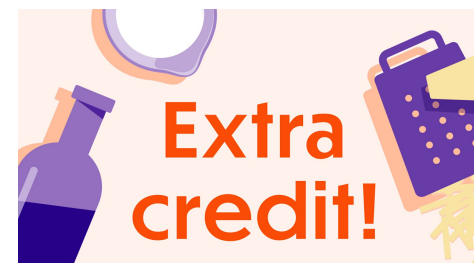
4. Prep glaze

Whisk **honey** and **mustard** in a small bowl. Season to taste with **salt and pepper**.



5. Broil chicken

Remove baking sheet from oven and switch oven to broil. Brush **chicken** with **honey-mustard glaze**. Return to oven and broil until glaze is bubbling and beginning to brown, about 3 minutes (watch closely as broilers vary). Serve **chicken** with **carrots**, and **green beans** alongside. Enjoy!



6. Carbo load

This meal has already got all the right things going for it—a rainbow of veggies + protein. But if you wanted to make a quick batch of couscous, or a rice pilaf to serve alongside, both would go well!