

DINNERLY



Honey-Mustard Chicken & Roasted Potatoes

with Buttery Peas & Carrots



20-30min



2 Servings

With this dish, we've modernized the idea of "meat & potatoes." We glaze succulent chicken breast with a sweet-tangy honey-mustard, because honey and mustard go together like peas and carrots, which is exactly what we serve on the side! (Along with crunchy-on-the-outside, and tender-on-the-inside roasted potatoes.) Make sure to spoon any extra pan juices over the chicken for a delicious finish. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 10 oz pkg boneless, skinless chicken breast
- ½ oz honey
- 1 pkt Dijon mustard ¹⁷
- 1 carrot
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷
- garlic

TOOLS

- rimmed baking sheet
- medium saucepan

COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590kcal, Fat 23g, Carbs 59g, Protein 40g

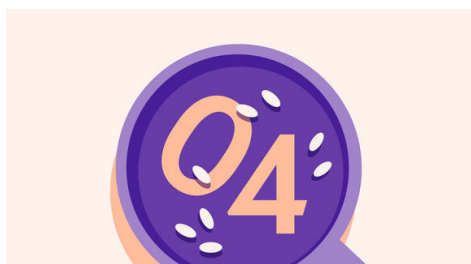


1. Prep ingredients & glaze

Preheat oven to 450°F with a rack in the lower third.

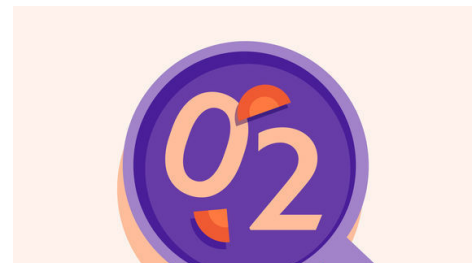
Scrub **potatoes**, then halve lengthwise and thinly slice crosswise into half-moons.

Pat **chicken** dry, then season all over with **salt** and **pepper**. In a small bowl, stir to combine **honey**, **Dijon mustard**, and **1 teaspoon oil**. Season with **a pinch each of salt and pepper**.



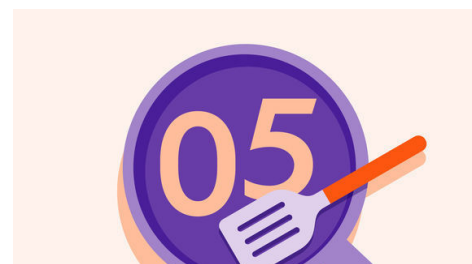
4. Glaze chicken & roast

Use a spatula to carefully flip **potatoes** on baking sheet. Brush **honey-mustard glaze** all over **chicken**. Roast on lower oven rack until glaze is browned in spots and chicken reaches an internal temperature of 165°F, about 5 minutes more (watch closely). Transfer chicken to a cutting board and let rest for 5 minutes.



2. CHICKEN VARIATION

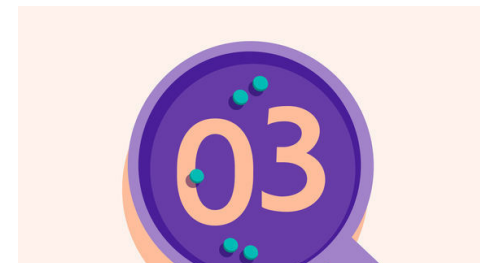
On a rimmed baking sheet, toss **potatoes** with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on lower oven rack until potatoes are nearly tender, about 8 minutes (watch closely as ovens vary). Add **chicken** to same baking sheet and return to oven until chicken is nearly cooked through and potatoes are browned in spots, 7–8 minutes.



5. Finish & serve

To saucepan with **carrots**, add **peas** and **2 tablespoons water**; cover and cook over medium heat, stirring, until peas are tender, 2–3 minutes. Stir in **1 tablespoon butter** until melted, then season to taste with **salt** and **pepper**. Thinly slice **chicken**.

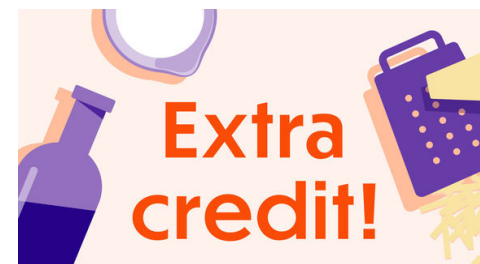
Serve **honey-mustard chicken** with **roasted potatoes** and **buttery peas and carrots** alongside. Enjoy!



3. Cook carrots

While **veggies and chicken** roast, finely chop **1 teaspoon garlic**. Scrub and trim **carrot**, then thinly slice crosswise.

In a medium saucepan over medium heat, melt **1 tablespoon butter**. Add **chopped garlic**, **carrots**, and **a pinch of salt and pepper**. Cover; cook, stirring occasionally, until garlic is fragrant and carrots are just tender, 3–4 minutes. Keep covered until step 5.



6. Picky eater proof!

We're not sure if there is anyone out there that doesn't love sweet and tangy honey-mustard BUT this glaze makes a great dipping sauce too! Instead of glazing the chicken in step 4, set the sauce aside for serving.