

Irish Honey and Mustard Chicken

with Colcannon Mashed Potato

hellóchef

Enjoy this traditional Irish dish with delicious mashed potato and easy, tasty chicken!

Cals 682 • Prot 61 • Carbs 81 • Fat 14

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🕒 cook: 35 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Vegetable oil	1	2	2	Tbsp
Honey	15	15	30	Grams
Wholegrain mustard 13*	15	22	30	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Colcannon mash				
Potatoes	600	900	1200	Grams
White cabbage	300	450	600	Grams
Leeks	1	1	2	Piece
Vegetable oil	1	2	2	Tbsp
Butter 4*	20	30	50	Grams
Whole milk 4*	100	100	200	ML
Salt	0.5	0.5	1	Tsp

Allergens

*13 Mustard, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2847 / 682
Fat (g)	13.8
of which saturates (g)	7.4
Carbohydrate (g)	81
of which sugars (g)	22
Fiber (g)	14.7
Protein (g)	60.8
Salt (g)	1.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil

Bring a large pot of salted water to the boil. Peel and chop the **potatoes** into bite-sized pieces. Add them to the pot of boiling water and cook the **potatoes** over a medium-high heat for 15-20 min or until soft.



2 Prep

Meanwhile, remove the hard stem of the **cabbage**, then slice very finely. Trim the **leeks**. Chop in half lengthways and then slice very finely.



3 Fry greens

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **leeks** and **cabbage** with a generous pinch of **salt** and fry for 12-15 min, stirring frequently, until very soft.



4 Fry chicken

Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5-7 min on each side or until cooked through. Remove the pan from the heat and add the **honey, mustard, salt** and **pepper** to the pan, cook for 30 sec and toss well.

Tip! To check if the chicken is cooked, insert a knife into the meat – if the juices run clear, it's ready!



5 Make colcannon mash

Once soft, drain the **potatoes** and return them to the pot with the **butter**. Mash until smooth. Add **milk** to reach your desired consistency and season generously with **salt**. Add the **leeks** and **cabbage** and mix well. This is your **colcannon mash**.



6 Serve

Divide the **colcannon mash** among plates and top with a knob of the remaining **butter**. Serve alongside the **honey and mustard chicken**.