



# Grilled Maple-Mustard Chicken

## with BBQ-Seasoned Potato Wedges and Caesar-Dressed Slaw

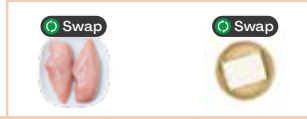
Grill

35 Minutes



Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)



Chicken Breasts\*  
2 | 4

Tofu  
1 | 2



Chicken Thighs\*  
280 g | 560 g



Maple Syrup  
2 tbsp | 4 tbsp



Soy Sauce  
½ tbsp | 1 tbsp



Whole Grain Mustard  
1 tbsp | 2 tbsp



Russet Potato  
2 | 4



BBQ Seasoning  
1 tbsp | 2 tbsp



Spring Mix  
56 g | 113 g



Caesar Dressing  
4 tbsp | 8 tbsp



Mini Cucumber  
1 | 2

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



### Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Lightly oil the grill. While you prep, preheat the grill to 450°F over medium-high heat.

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **2 tsp** (4 tsp) **BBQ Seasoning** and **1 tbsp oil** to a parchment-lined baking sheet. then season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown 22-24 min.

4



### Mix Salad

- Cut **cucumber** into ¼-inch rounds.
- Combine **spring mix**, **cucumbers** and **half the Caesar dressing** in a large bowl.
- Season with **salt** and **pepper**, then toss to combine.

2



### Make glaze

- Meanwhile, add **soy sauce**, **maple syrup**, **mustard**, **1 tbsp** (2 tbsp) **water** and **1 tbsp** (2 tbsp) **butter** to a medium non-stick pan.
- Heat the pan over medium-high heat. Cook, stirring often, until **mixture** comes to a boil.
- Boil until **sauce** slightly thickens, 1-2 min. (**NOTE:** Sauce will thicken more as it cools.)
- Remove the pan from heat.

5



### Finish and serve

- When cooked, add **chicken** to the pan with **glaze**, then flip to coat.
- Divide **chicken**, **potato wedges** and **salad** between plates.
- Drizzle **any remaining glaze** from the pan over **chicken**.
- Serve **remaining Caesar dressing** alongside for dipping.

3



### Grill chicken

Swap | Chicken Breasts

Swap | Tofu

- Pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**. Drizzle **1 tbsp** (2 tbsp) **oil** over **chicken**, then flip to coat.
- Add **chicken** to the grill. Close lid and grill, flipping halfway, until cooked through, 5-7 min per side.\*\*

3 | Grill chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken thighs**.

3 | Grill tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken thighs**. Grill **tofu**, flipping once, until grill marked, 4-5 min per side.

5 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken thighs**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.