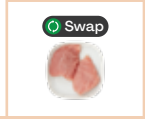




Crispy Sweet Dijon Chicken

with Wild Rice and Glazed Veggies

30 Minutes



Turkey Breast
Portions
340 g | 680 g

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](https://www.hellofresh.ca)



Chicken Breasts *****
2 | 4



Panko
Breadcrumbs
1/3 cup | 2/3 cup



Zesty Garlic
Blend
1 tbsp | 2 tbsp



Carrot
1 | 2



Brown Sugar
1 tbsp | 2 tbsp



Dijon Mustard
1/2 tbsp | 1 tbsp



Green Peas
56 g | 113 g



Wild Rice Medley
1/2 cup | 1 cup

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.

Pantry items | Oil, pepper, unsalted butter, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, plastic wrap, 2 small bowls, vegetable peeler

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Stir **rice** into the pot of **boiling water**.
- Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

2



Prep and toast topping

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **panko**. Toast, stirring often, until golden, 1 min. (**NOTE:** Panko will continue to cook on chicken in the oven.) Transfer **panko** to a small bowl.
- Carefully wipe the pan clean.
- Line a baking sheet with parchment paper.
- Stir together **brown sugar** and **Dijon** in another small bowl. Set aside.

3



Prep and cook chicken

[Swap](#) | [Turkey Breast Portions](#)

- Pat **chicken** dry with paper towels.
- Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until 1/2-inch thick.
- Season with **half the Zesty Garlic Spice Blend, salt and pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 **tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE:** It's okay if it doesn't cook all the way through in this step.)
- Remove the pan from heat. Transfer **chicken** to the prepared baking sheet.

4



Finish chicken

- Thinly spread **half the Dijon mixture** on top of **chicken**.
- Top with **panko**.
- Bake in the **middle** of the oven until **chicken** is cooked through, 6-8 min.**

5



Prep and cook carrots and peas

- Peel, then cut **carrot** into 1/4-inch half-moons.
- Reduce heat to medium.
- Add **carrots** and 1/4 **cup** (1/2 cup) **water** to the same pan (from step 3). Cover and cook, stirring occasionally, until **carrots** soften, 2-3 min.
- Add **peas**. Cook uncovered, stirring occasionally, until **veggies** are tender, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **remaining Dijon mixture**.
- Cook, stirring often, until **glaze** coats **veggies**, 1 min. Season with **salt and pepper**, to taste.

6



Finish and serve

- Fluff **rice** with a fork, then season with **remaining Zesty Garlic Spice Blend and pepper**.
- Divide **rice, chicken and veggies** between plates.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Prep and cook turkey

[Swap](#) | [Turkey Breast Portions](#)

If you've opted to get **turkey breast portions**, if applicable, cut into 2 (4) equal pieces on a separate cutting board. Cook them in the same way the recipe instructs you to cook the **chicken breasts****.

* 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.