



Smart Smoky Mustard Chicken

with Carrot Mash and Roasted Brussels Sprouts

Smart Meal

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

Swap



Chicken Thighs*
280 g | 560 g

Swap



Tofu
1 | 2



Chicken Breasts*
2 | 4



Brussels Sprouts
170 g | 227 g



Carrot
2 | 4



Shallot
1 | 2



Garlic, cloves
1 | 2



Chipotle Sauce
2 tbsp | 4 tbsp



Chicken Broth Concentrate
2 | 4



Whole Grain Mustard
1/2 tbsp | 1 tbsp



Garlic Salt
1 tsp | 2 tsp



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.

1



Roast Brussels Sprouts

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts** and **1 ½ tbsp** (3 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper** and **half the garlic salt**, then toss to combine.
- Roast in the **top** of the oven until tender, 16-20 min.

2



Make carrot mash

- Meanwhile, peel then cut **carrot** into ¼-inch rounds.
- Add **carrots** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 14-15 min.

3



Sear chicken

Swap | Chicken Thighs

Swap | Tofu

- Meanwhile, pat **chicken** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Remove from heat.

4



Roast chicken

Swap | Tofu

- Transfer **chicken** to another parchment-lined baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**
- When **chicken** is done, transfer to a plate to rest for 3-5 min.

5



Make sauce

- Meanwhile, peel, then cut **shallot** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Combine **chipotle sauce**, **half the mustard** (use all for 4 ppl), **broth concentrate** and **¼ cup** (½ cup) **water** in a small bowl.
- Reheat the pan (from step 3) over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **shallots** and **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **sauce mixture** (from step 5). Cook, stirring often, until **sauce** thickens slightly, 1-3 min.

6



Finish mash and serve

Swap | Tofu

- Thinly slice **chicken**.
- Once boiled, drain and return **carrots** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** into the **carrots**. Season with **salt** and **pepper**, to taste.
- Divide **chicken**, **Brussels sprouts** and **mash** between plates.
- Spoon **sauce** over **chicken** and **Brussels sprouts**.

3 | Sear chicken

Swap | Chicken Thighs

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

3 | Sear 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**. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook until golden, 1-2 min per side.

4 | Roast tofu

Swap | Tofu

Roast in the **middle** of the oven until **tofu** is tender and golden, 6-8 min.

6 | Finish mash and serve

Swap | Tofu

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

* 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.