



Creamy Honey-Mustard Chicken

with Garlic Rice and Green Beans

Family Friendly

25 - 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 Breasts*
2 | 4

Swap



Tofu
1 | 2



Chicken Breast, Diced*
310 g | 620 g



Parboiled Rice
¼ cup | 1 ½ cups



Green Beans
170 g | 340 g



Yellow Onion
1 | 1



Cream Sauce Spice Blend
½ tbsp | 1 tbsp



Cream Cheese
2 | 4



Honey
½ | 1



Whole Grain Mustard
1 tbsp | 2 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.

Pantry items | Pepper, salt, oil, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, whisk

1



Cook rice and start prep

- Before starting, preheat the oven to 425°F.
 - Add 1 ¼ cups (2 ½ cups) water to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **rice**, **half the garlic salt** and **1 tbsp** (2 tbsp) **butter** to **boiling water** then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 18-20 min.
 - Remove the pot from heat. Set aside, still covered.
 - Meanwhile, peel, then cut **half the onion** into ¼-inch pieces. Cut **remaining onion** into ¼-inch slices.
 - Trim **green beans**.

4



Make sauce

- Add **half the Cream Sauce Spice Blend** (use all for 4 ppl), then stir to coat.
- Slowly add ¾ cup (1 ¼ cups) **water**. Cook, stirring often, until **water** is fully incorporated and **sauce** is smooth, 30 sec.
- Add **cream cheese**, **mustard** and **half the honey** (use all for 4 ppl). Cook, whisking often until **sauce** is smooth.

2



Roast veggies and prep chicken

- ◉ Swap | **Chicken Breasts**
- ◉ Swap | **Tofu**
- Add **green beans**, **sliced onions** and ½ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven, stirring halfway until tender-crisp and lightly golden, 14-16 min. **
- While **veggies roast**, pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.

5



Finish chicken

- Add **chicken**, along with **any juices** from the plate, to the pan with **sauce**. Stir to coat, then bring to a simmer over med-high. Cook, stirring occasionally, until **sauce** has thickened and **chicken** is cooked through, 2-3 min. **
- Season with **salt** and **pepper**.

3



Cook chicken and start sauce

- ◉ Swap | **Tofu**
- Heat a large non-stick pan over medium-high.
- When pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden-brown, 3-4 min per side. (NOTE: Chicken will finish cooking in step 5.)
- Remove from heat, then transfer **chicken** to a plate.
- Reheat the same pan over medium-low.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 30 sec.
- Add **chopped onions**. Cook, stirring occasionally, until golden-brown 2-3 min.

6



Finish and serve

- Fluff **rice** with a fork, then season with **salt** and **pepper**.
- Divide **rice**, **veggies** and **chicken** between plates.
- Spoon **any remaining sauce** from the pan over **chicken** and **rice**.

Measurements
within steps

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

2 | Roast veggies and prep chicken

◉ Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the **diced chicken**.

2 | Roast veggies and prep tofu

◉ Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

3 | Cook tofu and start sauce

◉ Swap | **Tofu**

When pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

♦ 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.