

Maple-Mustard Glazed Chicken

with BBQ-Spiced Wedges and Green Beans

30 Minutes





Customized Protein Add





×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 🎥

Breasts (

Protein Shreds 200 g | 400 g







Chicken Thighs. 280 g | 560 g

Maple Syrup 2 tbsp | 4 tbsp





Whole Grain Mustard 1 tbsp | 2 tbsp

Garlic, cloves 2 | 4







Russet Potato 2 | 4

1 tbsp | 2 tbsp





Lemon

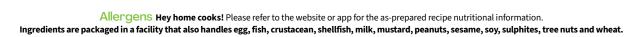
Sugar Snap Peas 113 g | 227 g



Soy Sauce 1/2 tbsp | 1 tbsp



Dijon Mustard ½ tbsp | 1 tbsp



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Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, zester



Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut potatoes into ½-inch wedges.
- Add potatoes, BBQ Seasoning and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with salt and pepper, then toss to coat.
- Roast in the middle of the oven, flipping halfway through, until golden-brown, 24-26 min. (NOTE: For 4 ppl, roast in middle and top racks, rotating sheets halfway through.)



Cook snap peas

- Meanwhile, reheat the same pan over mediumhigh. When the pan is hot, add snap peas and 2 tbsp (4 tbsp) water.
- Cook, stirring occasionally, until water evaporates, 2-3 min.
- Add 1 tbsp (2 tbsp) butter and half the garlic.
- Cook, stirring often, until snap peas are tendercrisp, 1 min. Season with salt and pepper.
- Add lemon zest. Squeeze a lemon wedge over top, then toss to coat.
- Transfer snap peas to a plate. Cover to keep warm.



Prep and mix glaze

- Meanwhile, trim snap peas.
- Peel, then mince or grate garlic.
- Zest, then cut half the lemon (use whole lemon for 4 ppl) into wedges.
- Add whole grain mustard, Dijon, maple syrup, soy sauce and 1 tbsp (2 tbsp) water to a small bowl, then stir to combine.



Glaze chicken

🔘 Swap | Plant-Based Protein Shreds

- Reheat the same pan over medium.
- When the pan is hot, add 1 tbsp (2 tbsp) butter, then swirl until melted.
- Add remaining garlic. Cook, stirring constantly, until fragrant, 30 sec.
- Add **glaze** to the pan, then bring to a simmer. Once simmering, cook, stirring constantly, until thickened slightly, 1 min.
- Season with salt and pepper.
- Add chicken to the pan, then flip to coat.
- · Remove the pan from heat.



Cook chicken

Swap | Chicken Breasts

🗘 Swap | Plant-Based Protein Shreds

- Heat a large non-stick pan over medium-high. While the pan heats, pat **chicken** dry with paper towels. Season with salt and pepper.
- When hot, add 1/2 tbsp (1 tbsp) oil, then chicken. Sear until golden-brown, 2-3 min per side. Remove from heat.
- Transfer to another parchment-lined baking sheet. Roast in the **bottom** of the oven until cooked through, 6-8 min.**
- · Carefully wipe the pan clean.



Finish and serve

- Divide chicken, potato wedges and snap peas between plates.
- Spoon any remaining glaze from the pan over chicken.

Measurements within steps

1 tbsp 2 person 4 person

oil

Ingredient

3 | Cook chicken

O 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**, increasing roast time to 12-14 min.

3 | Cook plant-based protein shreds

O Swap | Plant-Based Protein Shreds

If you've opted to get plant-based protein shreds, heat a large non-stick pan over medium-high. When hot, add ½ tbsp (1 tbsp) oil, then plant-based protein shreds. Cook, tossing occasionally until cooked through, 6-8 min.** Transfer plant-based protein shreds to a plate. Carefully wipe the pan clean.

5 | Glaze plant-based protein shreds

Plant-Based Protein Shreds 🚫 Swap 📗

Glaze and plate plant-based protein shreds in the same way as the recipe instructs you to glaze and 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.