



# Maple-Mustard Glazed Chicken

## with BBQ-Spiced Wedges and Green Beans

30 Minutes

 	 
Chicken Breasts* 2   4	Plant-Based Protein Shreds 200 g   400 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 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	BBQ Seasoning 1 tbsp   2 tbsp
	
Lemon 1   1	Sugar Snap Peas 113 g   227 g
	
Soy Sauce ½ tbsp   1 tbsp	Dijon Mustard ½ tbsp   1 tbsp

**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

**Pantry items** | Pepper, oil, salt, unsalted butter

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

1



### 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.)

4



### Cook snap peas

- Meanwhile, reheat the same pan over medium-high. 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 tender-crisp, 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.

2



### 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.

5



### 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.

3



### 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 **½ 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.

6



### 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 tbsp) **oil**  
2 person 4 person Ingredient

3 | Cook 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**, increasing roast time to 12-14 min.

3 | Cook plant-based protein shreds

[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

[Swap](#) | [Plant-Based Protein Shreds](#)

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.