



Maple-Mustard Glazed Chicken

with BBQ-Spiced Wedges and Sugar Snap Peas

30 Minutes



Customized Protein

+ Add

Swap

or

x2 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	Tofu 1 2	Chicken Thighs 560 g 1120 g
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- 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-serving | 4-serving

Pantry items | Pepper, oil, salt, butter

Cooking utensils | 2 baking sheets, large non-stick pan, measuring cups, 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.
- Remove any brown spots from **potatoes**, then cut 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 for 24- 26 min, flipping halfway through, until golden. (**NOTE:** For 4 servings, roast in middle and top of the oven, 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 1 min, stirring often, until **snap peas** are tender-crisp. 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** (whole lemon for 4 servings) 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

- 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 30 sec, stirring constantly, until fragrant.
- Add **glaze** to the pan, then bring to a simmer. Once simmering, cook 1 min, stirring constantly, until thickened slightly.
- 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 | **Tofu**

×2 Double | **Chicken Thighs**

- Heat a large non-stick pan over medium-high heat. 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 2-3 min per side, until golden. Remove from heat.
- Transfer to another parchment-lined baking sheet. Roast in the **bottom** of the oven for 6-8 min, until cooked through.**
- 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-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, sear in the same way the recipe instructs you to sear **chicken thighs**, then increase the roast time to 8-12 min.

3 | Cook 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 and roast **tofu** the same way the recipe instructs you to season and roast **chicken**, until golden.

3 | Cook chicken

×2 Double | **Chicken Thighs**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches if necessary.

♦ 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 165°F.