



Baked Maple-Mustard Chicken with Caramelized Onions

Family Friendly

Optional Spice

25 Minutes



Chicken Tenders



Green Beans, trimmed



Sweet Potato, fries



Red Onion, sliced



Garlic Puree



Maple Syrup



Dijon Mustard



Whole Grain Mustard



White Wine Vinegar



Lemon-Pepper
Seasoning

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 1 and 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust out

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, 8x8-inch baking dish, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Green Beans, trimmed	170 g	340 g
Sweet Potato, fries	340 g	680 g
Red Onion, sliced	113 g	226 g
Garlic Puree	1 tbsp	2 tbsp
Maple Syrup	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

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Roast sweet potato fries

Add **sweet potato fries** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **half the Lemon-Pepper Seasoning**, then toss to coat. (**NOTE:** Reference heat guide.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. Add **maple-mustard mixture** to the pan. Swirl **sauce** in the pan until slightly thickened, 30 sec. Season with **salt** and **pepper**, to taste. Remove the pan from heat. Transfer **chicken and sauce** to an 8x8 baking dish (9x13-inch for 4 ppl). Roast in the **top** of the oven until **chicken** is cooked through, 8-10 min. ** Carefully wipe the pan clean.



Caramelize onions

While **sweet potatoes** roast, heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until golden-brown, 6-7 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.



Cook green beans

While **chicken** roasts, heat the same pan over medium. When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **green beans** are tender-crisp and **water** has evaporated, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl), then **garlic puree**. Cook, stirring often, until fragrant, 1 min.



Prep

While **onions** caramelize, stir together **Dijon, grainy mustard, maple syrup, vinegar** and **2 tbsp water** (dbl for 4 ppl) in a small bowl. Pat **chicken** dry with paper towels. Season with **salt** and **remaining Lemon-Pepper Seasoning**. (**NOTE:** Reference heat guide.)



Finish and serve

Divide **chicken, sweet potato fries** and **green beans** between plates. Top **chicken** with **caramelized onions** and any **remaining sauce** from the dish.

Dinner Solved!