



Creamy Honey-Mustard Chicken

with Garlic Rice and Veggies

Family Friendly

25-35 Minutes



Chicken Tenders



Parboiled Rice



Zucchini



Carrot



Yellow Onion



Cream Sauce Spice Blend



Cream Cheese



Honey



Whole Grain Mustard



Garlic Salt

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, medium pot, vegetable peeler, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Parboiled Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Carrot	170 g	340 g
Yellow Onion	113 g	113 g
Cream Sauce Spice Blend	½ tbsp	1 tbsp
Cream Cheese	43 g	86 g
Honey	½ tbsp	1 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 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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Cook rice

- Add **half the garlic salt**, **1 ¼ cups** (2 ½ cups) **water** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, 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.



Make sauce

- 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, 1-2 min.
- Add **half the Cream Sauce Spice Blend** (use all for 4 ppl), then stir to coat **onions**.
- 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 and simmering gently, 1-2 min.



Prep and roast veggies

- Meanwhile, peel, then cut **half the onion** into ¼ -inch pieces. Cut **remaining onion** into ¼-inch slices.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Add **carrots**, **zucchini**, **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 **bottom** of the oven, stirring halfway, until tender-crisp and lightly golden, 12-16 min.



Finish chicken

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



Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Reduce heat to medium, then cook until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 5.)
- Remove from heat, then transfer **chicken** to a plate.



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** and **veggies** between plates.
- Top **rice** with **chicken**.
- Spoon **any remaining sauce** from the pan over **chicken**.

Dinner Solved!