

# HELLO Crispy Sweet Dijon Chicken with Wild Rice and Glazed Veggies

Quick

25 Minutes









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 🎥

Chicken Thighs 280 g | 560 g









2 | 4

1/4 cup | 1/2 cup



Zesty Garlic Blend



1 tbsp | 2 tbsp



Brown Sugar



1 tbsp | 2 tbsp





56 g | 113 g



½ cup | 1 cup



Allengens 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. Cooking utensils | Baking sheet, measuring spoons, medium pot, parchment paper, 2 small bowls, measuring cups, large non-stick pan, paper towels



#### Cook rice

- Before starting, preheat the oven to 450°F.
- Add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Stir rice into the pot of boiling water.
- Reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.



#### Prep and toast topping

- Meanwhile, heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add panko. Toast, stirring often, until golden, 1 min. (NOTE: Panko will continue to cook on chicken in the oven!) Transfer panko to a small bowl.
- Carefully wipe the pan clean.
- Line a baking sheet with parchment paper.
- Stir together brown sugar and Dijon in another small bowl. Set aside.



#### Prep and cook chicken

#### O Swap | Chicken Thighs

Swap | Tofu

- Pat chicken dry with paper towels.
- Cover each chicken breast with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound each chicken breast until ½-inch thick.
- Season with half the Zesty Garlic Spice Blend, salt and pepper.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then chicken.
  Cook until golden-brown, 2-3 min per side. (NOTE:
  It's okay if it doesn't cook all the way through in this step.)
- Remove the pan from heat. Transfer chicken to the prepared baking sheet.



#### Finish chicken

#### O Swap | Tofu

- Spread half the Dijon mixture on top of chicken.
- · Top with panko.
- Bake in the middle of the oven until chicken is cooked through, 6-8 min.\*\*



### Prep and cook carrots and peas

- Meanwhile, peel, then cut carrot into ¼-inch half-moons.
- Reduce heat to medium.
- Add carrots and ¼ cup (½ cup) water to the same pan (from step 3). Cover and cook, stirring occasionally, until carrots soften, 2-3 min.
- Add peas. Cook uncovered, stirring occasionally, until veggies are tender, 4-5 min.
- Add 1 tbsp (2 tbsp) butter and remaining Dijon mixture.
- Cook, stirring often, until glaze coats veggies,
  1 min. Season with salt and pepper, to taste.



#### Finish and serve

- Fluff rice with a fork, then season with remaining Zesty Garlic Spice Blend and pepper.
- Divide rice, chicken and veggies between plates.

## 3 | Prep and cook chicken

Measurements

within steps

O Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts.**\*\*

1 tbsp

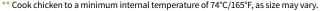
oil

(2 tbsp)

#### 3 & 4 | Prep and cook tofu

#### O Swap | Tofu

If you've opted to get tofu, cut tofu in half parallel to the cutting board (NOTE: You will have two "square" tofu steaks). Season tofu with half the Zesty Garlic Blend, salt and pepper. Heat a large non-stick pan over medium heat. When hot add 1 tbsp (2 tbsp) oil, then tofu. Cook, flipping once, until tofu is crispy, 2-3 min per side. Remove the pan from heat. Transfer tofu to the prepared baking sheet. Spread half the Dijon mixture on top of each piece of tofu. Top with panko. Bake in the middle of the oven until tofu is warmed through, 3-4 min.



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



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