



Crispy Sweet Dijon Chicken

with Wild Rice and Glazed Veggies

Quick

25 Minutes

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or

*2 Double

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↻ Swap



Chicken Thighs

280 g | 560 g

↻ Swap



Tofu

1 | 2



Chicken Breasts

2 | 4



Panko Breadcrumbs

¼ cup | ½ cup



Zesty Garlic Blend

1 tbsp | 2 tbsp



Carrot

1 | 2



Brown Sugar

1 tbsp | 2 tbsp



Dijon Mustard

1 ½ tsp | 3 tsp



Green Peas

56 g | 113 g



Wild Rice Medley

½ cup | 1 cup

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.

Pantry items | Unsalted butter*, oil*, salt*, pepper*

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Add **1 cup** (2 cups) water and $\frac{1}{8}$ tsp ($\frac{1}{4}$ 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.

2



Prep and toast topping

- Meanwhile, heat a large non-stick pan over medium-high 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.

3



Prep and cook chicken

- 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 $\frac{1}{2}$ -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 $\frac{1}{2}$ **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.

4



Finish chicken

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.**

5



Prep and cook carrots and peas

- Meanwhile, peel, then cut **carrot** into $\frac{1}{4}$ -inch half-moons.
- Reduce heat to medium.
- Add **carrots** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ 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.

6



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.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Prep and cook chicken

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****.

3 & 4 | Prep and cook tofu

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.

** Cook chicken 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.



Issue with your meal? Scan the QR code to share your feedback.