



Grilled Maple-Mustard Chicken

with BBQ Seasoned Potato Wedges and Caesar Dressed Slaw

Grill 35 Minutes



Chicken Thighs



Chicken Breasts



Maple Syrup



Soy Sauce



Whole Grain Mustard



Russet Potato



BBQ Seasoning



Coleslaw Cabbage Mix



Caesar Dressing

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO WHOLE GRAIN MUSTARD

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

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 450°F over medium-high heat.

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

Bust out

Baking sheet, medium non-stick pan, measuring spoons, large bowl, parchment paper, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs*	280 g	560 g
Chicken Breasts*	2	4
Maple Syrup	2 tbsp	4 tbsp
Soy Sauce	½ tbsp	1 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
BBQ Seasoning	1 tbsp	2 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Caesar Dressing	4 tbsp	8 tbsp
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.

Contact

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Roast potato wedges

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **2 tsp** (4 tsp) **BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. then season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown 22-24 min.



Grill chicken

- Pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**. Drizzle **1 tbsp** (2 tbsp) **oil** over **chicken**, then flip to coat.
- Add **chicken** to the grill. Close lid and grill, flipping halfway, until cooked through, 5-7 min per side.**

If you've opted to get **chicken breasts**, prepare and grill them in the same way the recipe instructs you to prepare and grill the **chicken thighs**, then increase the cook time to 6-8 min.**



Make glaze

- Meanwhile, add **soy sauce**, **maple syrup**, **mustard**, **1 tbsp** (2 tbsp) **water** and **1 tbsp** (2 tbsp) **butter** to a medium non-stick pan.
- Heat the pan over medium-high heat. Cook, stirring often, until **mixture** comes to a boil.
- Boil until **sauce** slightly thickens, 1-2 min. (**NOTE**: Sauce will thicken more as it cools.)
- Remove the pan from heat.



Finish and serve

- When cooked, add **chicken** to the pan with **glaze**, then flip to coat.
- Divide **chicken**, **potato wedges** and **coleslaw** between plates.
- Drizzle **any remaining glaze** from the pan over **chicken**.
- Serve **remaining Caesar dressing** alongside for dipping.

Dinner Solved!



Mix coleslaw

- Meanwhile, combine **coleslaw cabbage mix**, **half the Caesar dressing** and **½ tbsp** (1 tbsp) **oil** in a large bowl. Season with **salt** and **pepper**, to taste, then toss to combine.