



Maple-Mustard Chicken

with Caramelized Onions and Garlicky Green Beans

Family Friendly

30-40 Minutes



Chicken Tenders



Green Beans



Sweet Potato



Yellow Onion



Garlic Puree



Maple Syrup



Dijon Mustard



Whole Grain Mustard



Soy Sauce



Garlic Salt



Scan the QR code to download our app.

HELLO SOY SAUCE

The secret to adding oomph to a sauce!

Start here

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

Bust out

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Green Beans	170 g	340 g
Sweet Potato	340 g	680 g
Yellow Onion	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
Soy Sauce	1 ½ tsp	3 tsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	1 tsp	2 tsp
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

Call us | (855) 272-7002
HelloFresh.ca

[f](#) [@](#) [t](#) [+](#) @HelloFreshCA



Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** 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 **pepper** and **garlic salt**, then toss to coat.
- 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 green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **green beans** are tender-crisp and **water** has evaporated, 4-5 min.
- Add **½ tbsp butter** (dbl for 4 ppl) and **remaining garlic puree**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **green beans** to a plate. Cover to keep warm. Carefully wipe the pan clean.



Caramelize onions

- Meanwhile, heat a medium pot over medium heat. While the pot heats, peel, then cut **onion** into ¼-inch slices.
- When the pot is hot, add **1 tbsp oil** (1 ½ tbsp 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, 4-6 min.
- Remove the pot from heat.



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- When **green beans** are done, heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.**
- Reduce heat to medium, then add **maple-mustard mixture**. Cook, flipping **chicken** to coat, until **sauce** thickens slightly, 30 sec-1 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.



Prep

- Meanwhile, trim **green beans**.
- Stir together **Dijon, whole grain mustard, maple syrup, soy sauce, half the garlic puree** and **1 tbsp water** (dbl for 4 ppl) in a small bowl.



Finish and serve

- Divide **chicken, sweet potatoes** and **green beans** between plates.
- Top **chicken** with **caramelized onions**.
- Drizzle **any remaining maple-mustard sauce** from the pan over **chicken and onions**.

Dinner Solved!