

# HELLO Maple-Mustard Chicken with Caramelized Opions and Garlicky Gr

with Caramelized Onions and Garlicky Green Beans

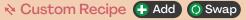
Family Friendly

30-40 Minutes



Breasts •







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 Tenders 340 g | 680 g

Green Beans 170 g | 340 g





Sweet Potato 2 | 4

1 2



Garlic Puree



1 tbsp | 2 tbsp

Maple Syrup 2 tbsp | 4 tbsp







Dijon Mustard

Whole Grain Mustard 1 tbsp | 2 tbsp 1 tbsp | 2 tbsp



Soy Sauce 1 ½ tsp | 3 tsp



Garlic Salt 1 tsp | 2 tsp

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\*, small bowl\*, measuring cups\*, large non-stick pan\*, paper towels\*



#### Roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- · Wash and dry all produce.
- 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 goldenbrown, 22-24 min. (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



#### Caramelize onions

- Meanwhile, heat a medium pot over medium heat. While the pot heats, peel, then cut onion into 1/4-inch slices.
- When the pot is hot, add 1 tbsp (1 ½ tbsp) oil, then onions. Cook, stirring occasionally, until golden-brown, 6-7 min.
- Add 1 tsp (2 tsp) sugar and season with salt. Cook, stirring occasionally, until onions are dark golden-brown, 4-6 min.
- Remove the pot from heat.



# Prep

- Meanwhile, trim green beans.
- Stir together Dijon, whole grain mustard, maple syrup, soy sauce, half the garlic puree and 1 tbsp (2 tbsp) water in a small bowl.



# Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add green beans and 1/4 cup (1/2 cup) water. 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 1 ½ tbsp (3 tbsp) butter 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.



#### Cook chicken

#### 🗘 Swap | Chicken Breasts

- 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 1/2 tbsp (1 tbsp) oil, then chicken. Sear until golden-brown and cooked through, 3-4 min per side.\*\*
- Reduce heat to medium, then add maplemustard 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.

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

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



# 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**.

Measurements within steps

oil (2 tbsp)

# 5 | Cook chicken

#### Swap | Chicken Breasts

If you've opted to get chicken breasts, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken tenders.

1 tbsp

