



# Maple-Mustard Chicken

## with Caramelized Onions and Garlicky Green Beans

Family Friendly 30-40 Minutes

Swap



Chicken Breasts  
2 | 4

Custom Recipe + Add Swap or x2 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](https://www.hellofresh.ca)



Chicken Tenders  
340 g | 680 g



Green Beans  
170 g | 340 g



Sweet Potato  
2 | 4



Yellow Onion  
1 | 2



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 1/2 tsp | 3 tsp



Garlic Salt  
1 tsp | 2 tsp

**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** | Pepper, salt, unsalted butter, oil, sugar

**Cooking utensils** | Baking sheet\*, measuring spoons\*, medium pot\*, small bowl\*, measuring cups\*, large non-stick pan\*, paper towels\*

1



## 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 golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



## Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and ¼ cup (½ 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.

2



## 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** (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.

5



## 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 ½ **tbsp** (1 tbsp) **oil**, 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.

3



## 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.

6



## 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

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

## 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**.

\* 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.



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