




Maple-Mustard Glazed Chicken






with BBQ-Spiced Wedges and Green Beans

Discovery 30 Minutes



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-  Chicken Thighs
-  **Chicken Breasts**
-  Maple Syrup
-  Whole Grain Mustard
-  Garlic, cloves
-  Russet Potato
-  BBQ Seasoning
-  Lemon
-  Green Beans
-  Soy Sauce
-  Dijon Mustard

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!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

2 Baking sheets, measuring spoons, zester, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs *	280 g	560 g
Chicken Breasts *	2	4
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic, cloves	2	4
Russet Potato	2	4
BBQ Seasoning	1 tbsp	2 tbsp
Lemon	1	1
Green Beans	170 g	340 g
Soy Sauce	1 ½ tsp	3 tsp
Dijon Mustard	1 ½ tsp	3 tsp
Unsalted Butter*	2 tbsp	4 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.



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Roast potato wedges

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Cook green beans

- Meanwhile, heat the same pan over medium-high.
- When hot, add **green beans** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **half the garlic**. Cook, stirring often, until **garlic** is fragrant and **green beans** are tender-crisp, 1 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat, then add **lemon zest**. Squeeze a **lemon wedge** over top, then toss to combine.
- Transfer **green beans** to a plate and cover to keep warm. Carefully wipe the pan clean.



Prep and mix glaze

- Meanwhile, trim, then halve **green beans**.
- Peel, then mince or grate **garlic**.
- Zest, then cut **half the lemon** (whole lemon for 4 ppl) into wedges.
- Add **whole grain mustard**, **Dijon**, **maple syrup**, **soy sauce** and **1 tbsp** (2 tbsp) **water** to a small bowl, then stir to combine.



Glaze chicken

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **remaining garlic**. Cook, stirring constantly, until fragrant, 30 sec.
- Add **glaze** to the pan, then bring to a simmer. Once simmering, cook, stirring constantly, until **glaze** thickens slightly, 1 min.
- Season with **salt** and **pepper**, to taste.
- Add **chicken** to the pan, then flip to coat.
- Remove the pan from heat.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side. Remove from heat.
- Transfer **chicken** to another parchment-lined baking sheet. Bake in the **bottom** of the oven until cooked through, 6-8 min. **
- Carefully wipe the pan clean.

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the bake time to 10-12 min.



Finish and serve

- Divide **chicken**, **potato wedges** and **green beans** between plates.
- Spoon **any remaining glaze** from the pan over **chicken**.

Dinner Solved!