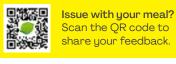


Maple-Mustard Glazed Chicken

with BBQ-Spiced Wedges and Green Beans

Discovery

30 Minutes





Chicken Thighs





Maple Syrup







Russet Potato

Soy Sauce

Whole Grain Mustard

Garlic, cloves



BBQ Seasoning





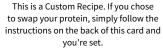


Green Beans



Dijon Mustard





CUSTOM RECIPE

Happy cooking!

Start here

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

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Bust out

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

Ingredients

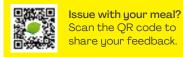
	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic, cloves	2	4
Russet Potato	2	4
BBQ Seasoning	1 tbsp	2 tbsp
Lemon	1	1
Green Beans	170 g	340 g
Soy Sauce	1 ½ tsp	3 tsp
Dijon Mustard	1 ½ tsp	3 tsp
Unsalted Butter*	2 tbsp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





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.)



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.



Cook chicken

- Heat a large non-stick pan over medium-high
- While the pan heats, pat **chicken** dry with paper towels. Season with salt and pepper.
- When hot, add 1/2 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.



Cook green beans

- · Meanwhile, heat the same pan over medium-high.
- When hot, add green beans and 1/4 cup (1/2 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.



- 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.



Finish and serve

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

Dinner Solved!