








Maple-Mustard Glazed Chicken

with BBQ-Spiced Wedges and Green Beans











30 Minutes

 	 
Chicken Breasts ⁺	Tofu
2 4	1 2

 Customized Protein  Add  Swap or  *2 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 Thighs ⁺	Maple Syrup
280 g 560 g	2 tbsp 4 tbsp
	
Whole Grain Mustard	Garlic, cloves
1 tbsp 2 tbsp	2 4
	
Russet Potato	BBQ Seasoning
2 4	1 tbsp 2 tbsp
	
Lemon	Green Beans
1 1	170 g 340 g
	
Soy Sauce	Dijon Mustard
1 ½ tsp 3 tsp	1 ½ tsp 3 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Salt, pepper, unsalted butter, oil

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

1



Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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 middle and top racks, rotating sheets halfway through.)

2



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.

3



Cook chicken

Swap | **Chicken Breasts**

Swap | **Tofu**

- 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 to another parchment-lined baking sheet. Roast in the **bottom** of the oven until cooked through, 6-8 min.**
- Carefully wipe the pan clean.

4



Cook green beans

- Meanwhile, reheat the same pan over medium-high. When the pan is 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**.
- Remove from heat. Add **lemon zest**. Squeeze a **lemon wedge** over top, then toss to coat.
- Transfer **green beans** to a plate and cover to keep warm. Carefully wipe the pan clean.

5



Glaze chicken

- Reheat the same pan over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl 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 thickened slightly, 1 min.
- Season with **salt** and **pepper**.
- Add **chicken** to the pan, then flip to coat.
- Remove the pan from heat.

6



Finish and serve

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

Measurements
within steps

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

3 | Cook chicken

Swap | **Chicken Breasts**

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 **thighs**, then increase the roast time to 8-12-min.**

3 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season and cook in the same way the recipe instructs you to season and cook the **chicken**. Transfer **tofu** to a plate. Cover to keep warm. No need to bake.

* 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.



Issue with your meal? Scan the QR code to share your feedback.