



Maple-Mustard Glazed Chicken

with BBQ Spiced Wedges and Green Beans

Discovery

30 Minutes



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!

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

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

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	460 g	920 g
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.

Contact

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1 Roast potato wedges

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

Meanwhile, heat the same pan over medium-high. When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl) 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 the pan 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.



2 Prep and mix glaze

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




5 Glaze chicken

Carefully wipe the pan clean. Heat the same pan over medium. Add **1 tbsp butter** (dbl for 4 ppl), 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. Season with **salt** and **pepper**, to taste. Once simmering, cook, stirring constantly, until **glaze** thickens slightly, 1 min. Add **chicken** to the pan, then flip to coat. Remove the pan from heat.



3 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 oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Remove the pan 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.

 **CUSTOM RECIPE**

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 8-10 min.



6 Finish and serve

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

Dinner Solved!