



Maple-Mustard Glazed Chicken

with BBQ-Spiced Wedges and Green Beans

Discovery

30 Minutes

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[*2 Double](#)

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↻ Swap



Chicken Breasts⁺
2 | 4

↻ Swap



Tofu
1 | 2



Chicken Thighs⁺
280 g | 560 g



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 1/2 tsp | 3 tsp



Dijon Mustard
1 1/2 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.

Pantry items | Salt, pepper, unsalted butter, oil

Cooking utensils | 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 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 (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.

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.

5



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.

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.

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, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken thighs**, then increase roasting time to 10-12 min.

3 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board (**NOTE:** You will have two square tofu steaks). Season **tofu** with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until **tofu** is crispy, 2-3 min per side. Transfer **tofu** to a plate. Set aside.

5 | Glaze tofu

Swap | **Tofu**

If you opted to get **tofu**, glaze the **tofu** in the same way the recipes instructs you to prepare the **chicken**.

** 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.



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