



# Maple-Mustard Grilled Chicken

with Apple Slaw and Buttery Potatoes

Grill 35 Minutes



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Chicken Tenders



Yellow Potato



Green Cabbage,  
shredded



Gala Apple



Carrot, julienned



Whole Grain Mustard



Maple Syrup



Mayonnaise



Garlic Salt



White Wine Vinegar

HELLO WHOLE GRAIN MUSTARD

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

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While potatoes cook, preheat the grill to 500°F over medium-high heat.

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

## Bust out

Medium bowl, colander, measuring spoons, silicone brush, large bowl, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Yellow Potato	350 g	700 g
Green Cabbage, shredded	113 g	226 g
Gala Apple	1	2
Carrot, julienned	56 g	113 g
Whole Grain Mustard	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
White Wine Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 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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1



### Cook potatoes

- Halve **potatoes** (quarter if larger). Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

4



### Grill chicken

- Add **chicken** to the grill. (**TIP:** Arrange chicken tenders across grill grates to stop them from slipping through!) Close lid and grill, flipping once, until **chicken** is cooked through, 4-5 min per side. \*\*
- When **chicken** is cooked through, brush one side with **maple-mustard glaze**, then flip, glazed-side down. Grill for 30 sec, then repeat on other side.
- Transfer **chicken** to the same medium bowl. Toss with **any remaining maple-mustard glaze**.

2



### Prep and make apple slaw

- Meanwhile, core, then cut **apple** into ¼-inch matchsticks.
- Add **mayo, half the mustard, half the vinegar** and ¼ **tsp** (½ **tsp**) **garlic salt** to a large bowl. Season with **pepper**, then stir to combine.
- Add **apples, cabbage** and **carrots**, then toss to combine. Set aside.

5



### Finish potatoes

- Add **1 tbsp** (2 **tbsp**) **butter** to the pot with **drained potatoes**. Season with **salt** and **pepper**, to taste, then gently toss to melt **butter** and coat **potatoes**, 1-2 min.

3



### Make glaze and season chicken

- Combine **maple syrup, remaining mustard** and **remaining vinegar** in a medium bowl.
- Pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Drizzle ½ **tbsp** (1 **tbsp**) **oil** over top.

6



### Finish and serve

- Divide **grilled chicken, buttery potatoes** and **apple slaw** between plates.
- Drizzle **any remaining glaze** from the bowl over **chicken**.

Dinner Solved!