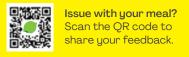


Maple-Mustard Grilled Chicken

with Apple Slaw and Buttery Potatoes

Grill

35 Minutes









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

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

Bust out

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

Ingredients

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	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.





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.



Prep and make apple slaw

- Meanwhile, core, then cut **apple** into 1/4-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.



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 1/2 tbsp (1 tbsp) oil over top.



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.



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.



Finish and serve

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

Dinner Solved!