



Maple-Mustard Roasted Chicken

With Herbed Wild Rice and Buttery Veg Trio

Holiday Special 40 Minutes

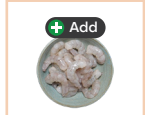
Custom Recipe



or



If you chose to add 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](http://www.hellofresh.ca)



Shrimp
285 g | 570 g



Spatchcock Chicken
550 g | 1100 g



Wild Rice Medley
1/2 cup | 1 cup



Carrot
1 | 2



Snow Peas
113 g | 227 g



Radish
3 | 6



Parsley
7 g | 14 g



Maple Syrup
2 tbsp | 4 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Chicken Broth Concentrate
2 | 4



Garlic Salt
1 tsp | 2 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.

1



Prep and start chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat a medium non-stick pan (use large pan for 4 ppl) over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels, then season all over with **half the garlic salt** and **pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear, flipping once until lightly golden, 3-4 min per side.
- Transfer to a parchment-lined baking sheet.
- Roast in the **bottom** of the oven until golden-brown, 15 min (25 min for 4 ppl).
(NOTE: It's okay if chicken doesn't cook all the way through at this step.)

2



Cook rice

- Meanwhile, add **wild rice medley**, **half the broth concentrate**, **remaining garlic salt**, **1 tbsp** (2 tbsp) **butter** and **1 cup** (2 cups) **water** to a medium pot.
- Bring to a boil over high heat.
- Once boiling, reduce heat to low.
- Cover and simmer until **rice** is tender and **liquid** is absorbed, 24-26 min.
- Remove from heat. Set aside, still covered.

3



Prep

- Meanwhile, peel, then slice **carrot** into ¼-inch rounds.
- Cut **radishes** into ½-inch wedges.
- Trim **snow peas**.
- Finely chop **parsley**.
- Combine **mustard** and **half the maple syrup** in a small bowl.

4



Finish chicken

+ Add | Shrimp

- Once **chicken** has been roasting for 15 min (25 min for 4 ppl), remove from the oven.
- Carefully brush **maple-mustard mixture** over **chicken**. Return to the **bottom** of the oven.
- Roast until golden-brown and cooked through, 10-12 min (12-15 min for 4 ppl).**
- Transfer to a clean cutting board to rest, 2-3 min.

5



Cook veggies

- Meanwhile, heat the same pan (from step 1) over medium-high.
- When hot, add **carrots**, **radishes**, **remaining broth concentrate** and ⅓ **cup** (½ cup) **water**.
- Cook, stirring occasionally, until **most** of the **liquid** has evaporated and **veggies** begin to soften, 4-5 min.
- Add **remaining maple syrup**, **1 tbsp** (2 tbsp) **butter** and **snow peas**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.

6



Finish and serve

+ Add | Shrimp

- Fluff **rice** with a fork, then season with **pepper** and stir in **half the parsley**.
- Carve **maple-mustard roasted chicken**.
- Divide **chicken**, **herbed wild rice** and **buttery veggie trio** between plates.
- Sprinkle **remaining parsley** over **chicken**.

4 | Finish chicken and shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer to a plate and cover to keep warm. Carefully wipe the pan, then reuse to cook **veggies** in step 5.

6 | Finish and serve

+ Add | Shrimp

Top final plates with **shrimp**.

** 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.



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