



Maple-Mustard Roasted Chicken

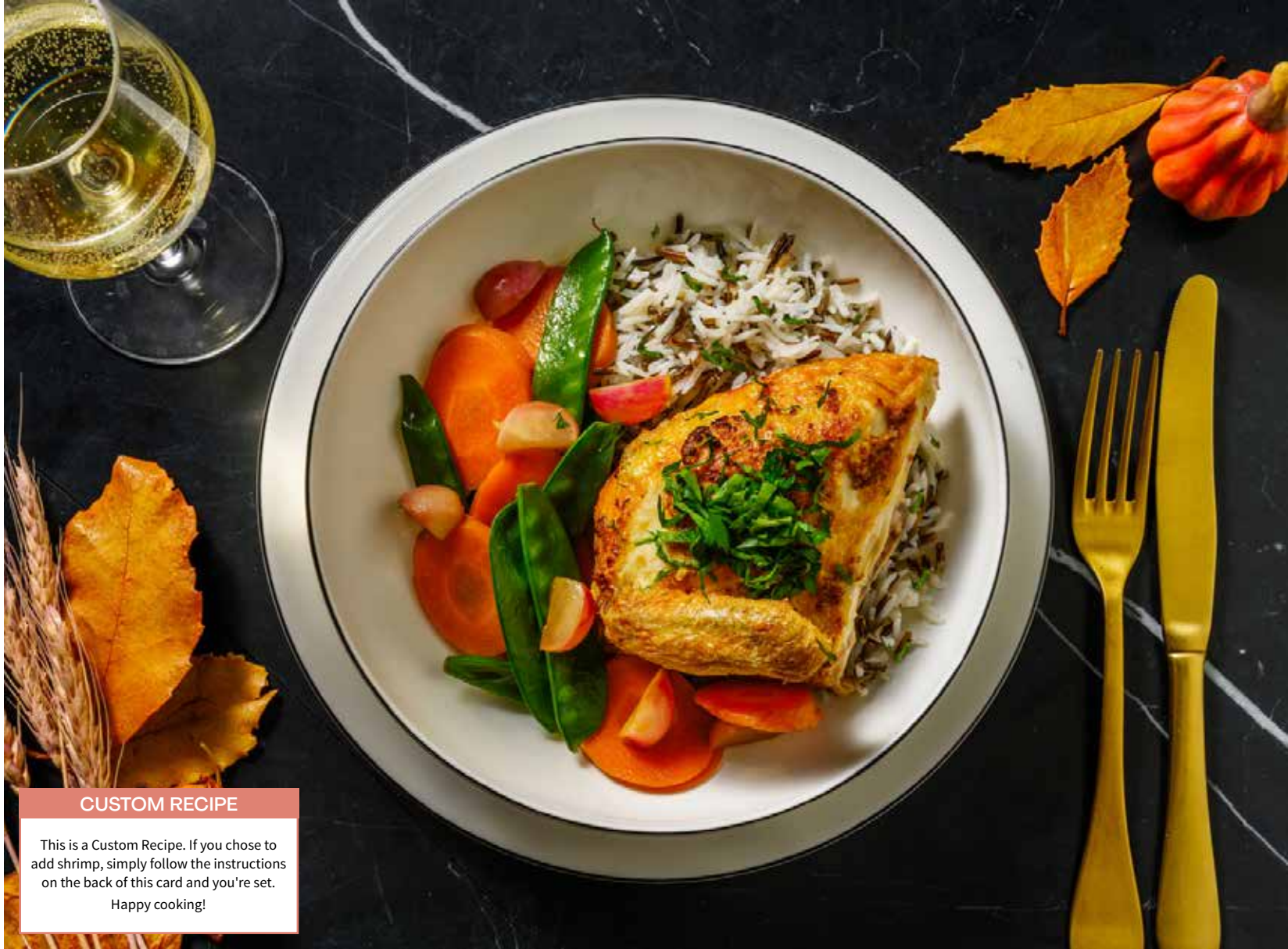
With Herbed Wild Rice and Buttery Veg Trio

Special

40 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Spatchcock Chicken



Shrimp



Wild Rice Medley



Carrot



Snow Peas



Radish



Parsley



Maple Syrup



Whole Grain Mustard



Chicken Broth Concentrate



Garlic Salt

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.

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

Bust out

Baking sheet, vegetable peeler, medium non-stick pan, measuring spoons, silicone brush, medium pot, parchment paper, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Spatchcock Chicken *	550 g	1100 g
Shrimp	285 g	570 g
Wild Rice Medley	½ cup	1 cup
Carrot	170 g	340 g
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
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook chicken and shrimp 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



Prep and start chicken

- 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.)

4



Finish chicken

- 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.

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.

5



Cook veggies

- Meanwhile, heat the same pan (from step 1) over medium-high.
- When hot, add **carrots**, **radishes**, **remaining broth concentrate** and **½ 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.

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.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Add **shrimp** and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven until **shrimp** just turn pink, 6-8 min.**

6



Finish and serve

- 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 veg trio** between plates.
- Sprinkle **remaining parsley** over **chicken**.

Divide **shrimp** between final plates.

Dinner Solved!