



# Roasted Chicken and Goat Cheese

## with Citrusy Pear and Potato Salad

Quick

25 Minutes



Chicken Breasts



Goat Cheese



Bartlett Pear



Arugula and Spinach Mix



Yellow Potato



Lemon



Whole Grain Mustard



Walnuts, chopped

HELLO WALNUTS

*These nuts are delicious, nutritious and versatile!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, zester, large bowl, whisk, paper towels, large non-stick pan

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Goat Cheese	28 g	56 g
Bartlett Pear	150 g	300 g
Arugula and Spinach Mix	113 g	227 g
Yellow Potato	360 g	720 g
Lemon	1	2
Whole Grain Mustard	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Sugar*	2 tsp	4 tsp
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 our meal kit labels for the most current allergen 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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## Roast potatoes

Cut **potatoes** into ½-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 22-24 min.



## Cook chicken

While **potatoes** roast, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until golden-brown, 1-2 min per side. Transfer to another baking sheet. Bake in the **top** of the oven, until cooked through, 12-14 min.\*\* Wipe the pan clean.



## Prep

While **chicken** roasts, halve, core, then cut **pear** into ½-inch pieces. Zest, then juice the **lemon**.



## Toast walnuts and cook pears

Heat the same pan (from step 2) over medium heat. When hot, add **walnuts** to dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Add **pears** and **½ tsp sugar** (dbl for 4 ppl) to the same pan. Cook, stirring often, until golden-brown, 2-3 min. Remove pan from heat, then transfer **pears** to another plate.



## Assemble salad

Whisk together **mustard**, **lemon zest**, **1 ½ tbsp lemon juice**, **1 ½ tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **roasted potatoes** and **pears**. Toss to coat.



## Finish and serve

Thinly slice **chicken**. Add **arugula** and **spinach mix** to the large bowl with **pears**, then toss to combine. Divide **salad** between plates. Top with **chicken**. Sprinkle with **toasted walnuts** and crumble **goat cheese** over top.

## Dinner Solved!