



# Roasted Chicken and Goat Cheese

with Spiced Potatoes and Side Salad

Quick

25 Minutes



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



Chicken Breasts



Chicken Thighs



Yellow Potato



Arugula and Spinach Mix



Lemon



Goat Cheese



Whole Grain Mustard



Walnuts, chopped



Montreal Steak Spice

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
Chicken Thighs *	280 g	560 g
Yellow Potato	360 g	720 g
Arugula and Spinach Mix	56 g	113 g
Lemon	1	1
Goat Cheese	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Montreal Steak Spice	1 tbsp	2 tbsp
Sugar*	½ tsp	1 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 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.*

## Contact

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## Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the Montreal Steak Spice** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt**, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown and tender, 22-24 min.



## Toast walnuts

- Reheat the same pan (from step 2) over medium.
- When hot, add **walnuts** to dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer to a plate.



## Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **remaining Montreal Steak Spice**.
- 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 **chicken** to another unlined baking sheet. Roast in the **top** of the oven until cooked through, 12-14 min. \*\*
- Carefully wipe the pan clean.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



## Assemble salad

- Add **mustard**, **lemon zest**, **½ tsp lemon juice**, **½ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **arugula and spinach mix**, then toss to coat.



## Prep

- Meanwhile, zest, then juice **half the lemon** (same for 4 ppl). Cut **remaining lemon** into wedges.
- Place **goat cheese package** in the freezer for 5 min, then crumble **goat cheese** onto a plate. Place in the fridge until ready to serve.



## Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Sprinkle **goat cheese** and **walnuts** over **salad** and **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!