



# Roasted Chicken and Goat Cheese

with Potatoes and Green Salad

Quick

25 Minutes



Chicken Breasts



Double Chicken Breasts



Russet Potato



Lemon



Goat Cheese



Whole Grain Mustard



Walnuts, chopped



Spring Mix

## CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO WALNUTS

*These nuts are delicious, nutritious and versatile!*

## 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

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

## Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Double Chicken Breasts	4	8
Russet Potato	460 g	920 g
Lemon	1	1
Goat Cheese	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Spring Mix	113 g	227 g
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

Call us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



### Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, 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 **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, 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 for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.



### Assemble salad

- Add **mustard**, **lemon zest**, **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **roasted potatoes**, then toss to coat.



### Prep

- Meanwhile, zest, then juice **half the lemon** (use whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



### Finish and serve

- Thinly slice **chicken**.
- Add **spring mix** to the large bowl with **potatoes**, then toss to combine.
- Divide **salad** between plates. Top with **chicken**.
- Sprinkle **walnuts** and **goat cheese** over top.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!