



MAPLE MUSTARD GLAZED CHICKEN - DINNER

HARVEST WRAP - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER | TOTAL: 35 MIN | CALORIES: 480

LUNCH | TOTAL: 10 MIN | CALORIES: 640

INGREDIENTS FOR: 2-person | 4-person

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|---|--|---|--|---|--|
| 
Yukon Gold Potatoes
12 oz 24 oz | 
Fall Harvest Spice Blend
2 tsp 4 tsp | 
Dijon Mustard
2 tsp 4 tsp | 
Lemon
1 2 | 
Dried Cranberries
1 oz 2 oz | 
Mayonnaise
(Contains: Eggs)
4 TBSP 4 TBSP |
| 
Chicken Breasts
24 oz 36 oz | 
Maple Syrup
2 TBSP 4 TBSP | 
Chicken Stock Concentrate
1 2 | 
Spring Mix Lettuce
2 oz 4 oz | 
Celery
3 3 | 
Flour Tortillas
(Contains: Wheat)
2 2 |

BUST OUT • Baking sheet • Paper towels • Large pan • Small bowl • Large bowl • Medium bowl
• Vegetable oil (1 TBSP | 2 TBSP) • Olive oil (1 tsp | 2 tsp) • Reusable containers

DINNER



1 PREP AND ROAST POTATOES

Adjust rack to upper position and preheat oven to 450 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch cubes. Toss on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until browned and tender, 20-25 minutes.



2 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **salt**, **pepper**, and **2 tsp Harvest Spice** (we sent more). Heat a large drizzle of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add chicken and cook until browned and cooked through, 5-7 minutes per side. Turn off heat.



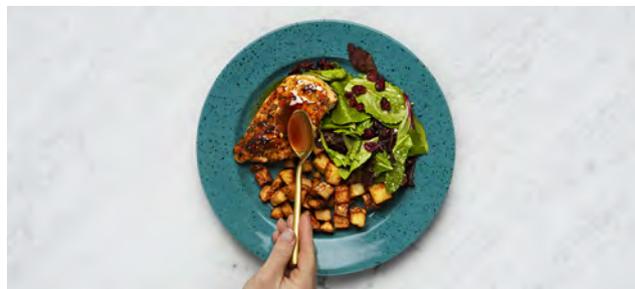
3 GLAZE CHICKEN

In a small bowl, combine **maple syrup**, **mustard**, **stock concentrate**, and **1 TBSP water**. Once **chicken** is cooked through, remove two pieces from pan to reserve for lunch. Pour maple syrup mixture into pan with remaining chicken and simmer over medium-high heat until thickened, 1-2 minutes. Turn to coat.



4 TOSS SALAD

Quarter **lemon**. In a large bowl, toss together **lettuce**, half the **cranberries**, a drizzle of **olive oil**, and a few squeezes of lemon juice. Season with **salt** and **pepper**.



5 FINISH DINNER

Divide **glazed chicken**, **potatoes**, and **salad** between plates. Drizzle chicken with any remaining glaze from pan and serve.



6 MAKE LUNCH FOR TWO

Cut reserved **chicken** into bite-sized pieces. Thinly slice **celery** on the diagonal. In a medium bowl, combine chicken, celery, **mayonnaise**, remaining **cranberries**, and a squeeze of **lemon juice**. Season with **salt** and **pepper**. In the morning, taste mixture and adjust seasoning as needed. Divide chicken salad and **tortillas** between reusable containers. Just before serving, roll into wraps. Enjoy cold or at room temperature.

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