



PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Mixed Greens Apple Salad

INGREDIENTS

2 PERSON | 4 PERSON



½ oz | 1 oz
Pecans
Contains: Tree Nuts



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Fry Seasoning



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



10 oz | 20 oz
Chicken Cutlets



1 | 2
Apple



1.5 oz | 3 oz
Italian Dressing
Contains: Milk



2 oz | 4 oz
Mixed Greens



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PREP: 5 MIN | COOK: 30 MIN | CALORIES: 630



GOLD (B)RUSH

In step 4, we prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon.

BUST OUT

- Medium bowl
- Baking sheet
- Small bowl
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry produce.**
- Finely chop **pecans** (or crush in their bag with a heavy pan or rolling pin).



2 MAKE CRUST

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds.
- Let cool slightly, then stir in **chopped pecans, panko, half the Fry Seasoning** (you'll use the rest later), a **drizzle of olive oil**, and a **pinch of salt and pepper**.



3 MAKE SAUCE

- In a small bowl, combine **honey, mustard, and mayonnaise**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season with **remaining Fry Seasoning, salt, and pepper**. Place on a **lightly oiled** baking sheet.
- Evenly spread tops of chicken with a **thin layer of honey mustard sauce** (save the rest for serving). Mound with **pecan mixture**, pressing firmly to adhere (no need to coat the undersides).
- Roast on middle rack until crust is golden brown and chicken is cooked through, 15-20 minutes.



5 MAKE SALAD

- Meanwhile, halve, core, and thinly slice **apple**.
- In a large bowl, toss **mixed greens** and apple with **Italian dressing**. Season with **salt and pepper**.



6 SERVE

- Divide **chicken** and **salad** between plates. Drizzle chicken with **remaining honey mustard sauce**.

*Chicken is fully cooked when internal temperature reaches 165°.