



TANGY PLUM DIJON-GLAZED CHICKEN

with Thyme Roasted Root Vegetables & Rice

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



12 oz | 24 oz
Carrots



1 | 2
Red Onion



2 Cloves | 4 Cloves
Garlic



3/4 Cup | 1 1/2 Cups
Jasmine Rice



1 | 2
Plum Jam



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Dried Thyme



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 610



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 780



HELLO

PLUM DIJON GLAZE

This luscious blend of sweet plum jam and tangy Dijon mustard elevates a simple chicken dinner.

HOT SHEET

Who doesn't love roasted veggies! To give them extra-golden crispiness, place your baking sheet in the oven while it preheats. Everything will sizzle right off the bat, thanks to that already-hot surface.

BUST OUT

- Peeler
 - Paper towels
 - Baking sheet
 - Plastic wrap
 - Small pot
 - Mallet
 - Small bowl
 - Large pan
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
(1 tsp | 1 tsp) ↻
 - Butter (1 TBSP | 2 TBSP) ↻
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663

HelloFresh.com

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



1 PREP & ROAST VEGGIES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges. Peel and mince or grate **garlic**.
- Toss potatoes, carrots, onion, and garlic on a baking sheet with a **drizzle of oil, salt, and pepper.** (For 4, divide between two baking sheets; roast on top and middle racks.) Roast on top rack until veggies are browned and tender, 20-25 minutes.



3 COOK & GLAZE CHICKEN

- In a small bowl, combine **plum jam** and **mustard**. Set aside.
- Pat **chicken*** dry with paper towels. Place between two large pieces of plastic wrap and pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **thyme, salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat.
- Spoon **plum mustard glaze** over chicken in pan.



2 MAKE RICE

- Meanwhile, in a small pot, combine **rice, 1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil; cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- ↻ Swap in **cauliflower rice** for jasmine rice. Heat a **drizzle of oil** in a small pot over medium-high heat. Add cauliflower rice (**no need to drain**), and a **large pinch of salt and pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Turn off heat; stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted. (**Save jasmine rice for another use.**)



4 SERVE

- Divide **rice** between shallow bowls. Top with **glazed chicken** and **roasted veggies** in separate sections. Serve.