



# PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony 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 | 1  
Lemon



2 oz | 4 oz  
Mixed Greens



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## HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 790



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 620



HELLO

## HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

## 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 TBSP | 1 TBSP)
- 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).

↻ Adjust rack to top position if using salmon.



### 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.

↻ Swap in **salmon\*** for chicken; roast on top rack, 8-10 minutes.



### 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.**



### 5 MAKE SALAD

- Meanwhile, halve, core, and thinly slice **apple.** Quarter **lemon.**
- In a large bowl, toss **mixed greens** and apple with a **large drizzle of olive oil** and as much **lemon juice** as you like. Season with **salt** and **pepper.**



### 3 MAKE SAUCE

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



### 6 SERVE

- Divide **chicken** and **salad** between plates. Drizzle chicken with **remaining honey mustard sauce.** Serve with any **remaining lemon wedges** on the side.

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

↻ \*Salmon is fully cooked when internal temperature reaches 145°.