



CRISPY MAPLE MUSTARD CHICKEN

with Roasted Potato Wedges & Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



12 oz | 24 oz
Carrots



1 TBSP | 2 TBSP
Fry Seasoning



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 TBSP | 4 TBSP
Maple Syrup



2 TBSP | 4 TBSP
Dijon Mustard



10 oz | 20 oz
Chicken Cutlets



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*The ingredient you received may be a different color.



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



8 oz | 16 oz
Broccoli



6 oz | 12 oz
Green Beans

Calories: 650

Calories: 620



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



HELLO

PANKO

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

DREAM TEAM

Sweet maple and tangy Dijon mustard are a perfect pairing.

The sauce combo is also delicious on pork chops or as a sandwich spread.

BUST OUT

- Peeler
- 2 Baking sheets
- 2 Small bowls
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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



1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.

- Cut **broccoli** into bite-size pieces or trim
- **green beans** if necessary. (Save carrots for another use.)



4 SEASON VEGGIES

- Toss **potatoes** on a baking sheet with a **large drizzle of olive oil, remaining Fry Seasoning, salt, and pepper.**
- On a separate baking sheet, toss **carrots** with a **drizzle of olive oil, salt, and pepper.** Push carrots to one side of sheet.

- Swap in **broccoli** or **green beans** for carrots.



2 SEASON PANKO

- Place **1 TBSP butter (2 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until just melted, 30 seconds.
- Stir in **half the Fry Seasoning (you'll use the rest later), a big pinch of salt, and pepper.** Add **panko** and stir until evenly combined.



5 COAT CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt and pepper.**
- Place on opposite side of baking sheet from **carrots.** Evenly spread **reserved maple mustard** onto tops of chicken, then mound **seasoned panko** on top, pressing to adhere (no need to coat the undersides).



3 MAKE MAPLE MUSTARD

- Place **1 TBSP butter (2 TBSP for 4 servings)** in a second small microwave-safe bowl; microwave until just melted, 30 seconds. Add **maple syrup, mustard,** and a **pinch of salt;** stir until smooth.
- Reserve 1 TBSP of the mixture (2 TBSP for 4) for brushing onto chicken in step 5.



6 FINISH & SERVE

- Transfer **chicken** and **carrots** to middle rack and **potatoes** to top rack.
- Roast until chicken is golden brown and cooked through and veggies are tender, 15-18 minutes. **TIP: If chicken is done before veggies, remove from sheet and continue roasting veggies until browned and tender, 5-7 minutes more.**
- Divide chicken, potato wedges, and carrots between plates. Serve with **remaining maple mustard** on the side for dipping or drizzling.

- Roast **chicken** along with **broccoli** or **green beans** as instructed. If green beans are done before chicken, carefully remove from sheet and continue roasting chicken until cooked through.