



# SHEET PAN DIJON ONION CRUNCH CHICKEN

with Green Beans & Garlic Bread

## INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz  
Chicken Cutlets



1.5 oz | 3 oz  
Honey Dijon Dressing  
Contains: Eggs



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk



1 | 2  
Crispy Fried Onions  
Contains: Wheat



6 oz | 12 oz  
Green Beans



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Ciabatta  
Contains: Soy, Wheat



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THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

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



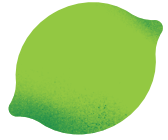
6 oz | 12 oz  
Asparagus  
Calories: 740



8 oz | 16 oz  
Broccoli  
Calories: 770



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 750



# HELLO FRESH

## HELLO

### CRISPY FRIED ONIONS

Sprinkled over chicken for crunch and allium-mazing flavor

### STROKE OF GENIUS

In Step 1, we prefer to use a basting brush to coat the chicken, but if you don't have one, simply use the back of a spoon.

### BUST OUT

- Small bowl
- Baking sheet
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (3 TBSP | 5 TBSP)  
Contains: Milk

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



### 1 ROAST CHICKEN

- Adjust rack to middle position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. Place **2 TBSP butter (3 TBSP for 4)** in a small bowl and bring to room temperature.
- Pat **chicken\*** dry with paper towels and season all over with **salt** and **pepper**; place on one side of a baking sheet (**spread out across entire sheet for 4**).
- Brush tops of chicken with  $\frac{1}{2}$  **TBSP dressing** each (**save the rest for serving**). Sprinkle with **Monterey Jack**. Crush **crispy onions** in their package, then sprinkle over cheese, pressing to adhere.
- Roast on middle rack for 5 minutes (**you'll add more to the sheet then**).



### 3 MAKE GARLIC BREAD

- Meanwhile, combine **softened butter** with **garlic powder** to taste. Season with **salt** and **pepper**.
- Halve and toast **ciabatta**. Spread cut sides with **garlic butter**. Cut each half on a diagonal.



### 2 ROAST GREEN BEANS

- Meanwhile, **wash and dry produce**. Trim **green beans** if necessary.
  - Once **chicken** has roasted 5 minutes, remove sheet from oven. Carefully toss green beans on empty side with a **drizzle of oil, salt, and pepper**. (**For 4 servings, leave chicken roasting; add green beans to a second baking sheet and roast on top rack.**)
  - Return to middle rack until green beans are tender and chicken is browned and cooked through, 12-15 minutes more.
- \$** Trim and discard bottom 1 inch from **asparagus** or cut **\$** **broccoli** into bite-size pieces if necessary. Once chicken has roasted 5 minutes, swap in asparagus or broccoli for green beans. Roast until tender, 10-12 minutes more for asparagus or 15-20 minutes more for broccoli (**if chicken is done before broccoli, remove from sheet and continue roasting broccoli**). (**Save green beans for another use.**)



### 4 FINISH & SERVE

- Toss **green beans** with **1 TBSP plain butter (2 TBSP for 4 servings)** until melted. Season with **salt** and **pepper**.
- Divide **chicken**, green beans, and **garlic bread** between plates. Serve with **remaining dressing** on the side.

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