



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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HELLO

CRISPY FRIED ONIONS

Sprinkled over chicken for crunch and allium-mazing flavor

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



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

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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 **½ 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.



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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