



CREAMY DIJON ROASTED CHICKEN THIGHS

with Cheddar Corn Cakes & Green Beans

INGREDIENTS

4 PERSON | 8 PERSON



1 | 2
Corn



12 oz | 24 oz
Green Beans



1 | 2
Shallot



¼ oz | ½ oz
Parsley



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



82 g | 164 g
Tempura Batter Mix
Contains: Eggs, Milk, Wheat



½ TBSP | 1 TBSP
Baking Powder



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



20 oz | 40 oz
Whole Chicken Thighs



1 TBSP | 2 TBSP
Fry Seasoning



5 tsp | 10 tsp
White Wine Vinegar



1 | 2
Chicken Stock Concentrate



½ Cup | 1 Cup
Crème Fraîche
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



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

HELLO

CHICKEN THIGHS

We think this is the juiciest, heartiest, most flavorful part of the bird!



FAMILY DINNER

Bring the gang together over a wholesome meal everyone will love.

PREP: 10 MIN | COOK: 50 MIN | CALORIES: 560



HELLO FRESH

BUST OUT

- Muffin tin
- Can opener
- Strainer
- Paper towels
- Large bowl
- Whisk
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Nonstick cooking spray
- Sugar (**1½ TBSP + ½ tsp | 3 TBSP + 1 tsp**)
- Olive oil (**1 TBSP | 1 TBSP**)

MORE IS MORE

If you're on a 6-person plan, you will have enough ingredients to make 12 servings. Simply triple the amounts in the recipe. 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 HelloCustom nutritional information, please refer to HelloFresh.com.



1 PREP

- Adjust racks to middle and top positions (**top, middle, and bottom positions for 8 servings**) and preheat oven to 350 degrees.
- Generously coat a standard 12-cup muffin tin (**two muffin tins for 8**) with **nonstick cooking spray**. **Wash and dry produce.**
- Drain **corn**, then pat dry with paper towels. Trim **green beans** if necessary. Halve, peel, and thinly slice **shallot**. Pick **parsley leaves** from stems; roughly chop leaves.



2 MAKE BATTER

- In a large bowl, whisk together **sour cream**, **½ cup water**, and **1½ TBSP sugar** (**¾ cup water and 3 TBSP sugar for 8 servings**) until mostly smooth. Add **tempura batter mix**, **1 tsp baking powder**, and **½ tsp salt** (**2 tsp baking powder and ¾ tsp salt for 8**); stir until mostly smooth. (**Be sure to measure the baking powder—we sent more!**) Stir in **cheddar** and **corn** until evenly distributed.
- Divide **batter** equally among wells of prepared muffin tin (**about 1½ TBSP batter per well**). Set aside.



3 SEAR CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **Fry Seasoning**, **salt**, and **pepper**.
- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned, 2-3 minutes per side (**it'll finish cooking in the next step**). (**Depending on the size of your pan, you may need to work in batches, adding another drizzle of olive oil between batches.**) Turn off heat; transfer to a plate. Reserve pan.



4 ROAST CHICKEN & GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**.
- Nestle **chicken** among green beans and roast on top rack until green beans are tender and chicken is fully cooked, 25-30 minutes.



5 BAKE CORN CAKES

- Bake **corn cakes** on middle rack until set and edges are golden (**or a toothpick inserted in the center of a cake comes out clean**), 25-30 minutes. (**For 8 servings, bake on middle and bottom racks, switching rack positions halfway through.**)
- Let cool 5 minutes before removing from tin. **TIP: Run a butter knife or spatula around the edges for easier release.**



6 MAKE SAUCE

- Once corn cakes have baked for 15 minutes, return pan used for chicken to medium heat. Add **shallot** and cook, stirring occasionally, until beginning to soften, 2-3 minutes. **TIP: If pan seems dry, add a drizzle of oil.**
- Add **½ tsp sugar** (**1 tsp for 8 servings**) and stir to coat. Add **vinegar** and cook, stirring, until mostly reduced, 30-60 seconds.
- Stir in **stock concentrate**, **crème fraîche**, and **½ cup water** (**¾ cup for 8**) until smooth. Cook, stirring occasionally, until slightly thickened, 1-2 minutes. Remove from heat and stir in **mustard** and **half the parsley**. Taste and season with **salt** and **pepper**.



7 SERVE

- Divide **chicken**, **green beans**, and **corn cakes** between plates. Top chicken with as much **sauce** as you like. Garnish with **remaining parsley** and serve.

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