



CRUNCHY PECAN CHICKEN WITH ASPARAGUS

plus Truffled Mashed Potatoes & Lemon-Dijon Sauce

INGREDIENTS

2 PERSON | 4 PERSON



16 oz | 32 oz
Potatoes*



6 oz | 12 oz
Asparagus



½ oz | 1 oz
Pecans
Contains: Tree Nuts



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 TBSP | 4 TBSP
Truffle Butter
Contains: Milk



4 oz | 4 oz
Cream Sauce Base
Contains: Milk



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



4 tsp | 8 tsp
Dijon Mustard



10 oz | 20 oz
Chicken Cutlets



1 | 1
Shallot



1 | 1
Lemon



5 tsp | 10 tsp
Sherry Vinegar



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



*The ingredient you received may be a different color.

HELLO

PECAN-PANKO CRUST

Chopped nuts are mixed with panko for the ultimate crispy chicken coating.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 790



BUST OUT

- Medium bowl
- Medium pot
- Strainer
- Potato masher
- 3 Small bowls
- Paper towels
- Baking sheet
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)

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.



1 START PREP

- Adjust rack to middle position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim and discard woody bottom ends from **asparagus**. Finely chop **pecans** (or **crush in their bag with a heavy pan or rolling pin**). Quarter **lemon**.
- In a medium bowl, combine chopped pecans, **panko**, and a **drizzle of oil**. Set **panko mixture** aside.



2 MAKE MASHED POTATOES

- Place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 10-15 minutes.
- Drain potatoes and return to pot with **truffle butter** and **half the cream sauce base** (all for 4 servings). Mash potatoes with potato masher or fork until smooth and creamy. Keep covered off heat until ready to serve.



3 START LEMON-DIJON SAUCE

- While potatoes cook, in a small bowl, combine **crème fraîche**, **mustard**, **½ tsp sugar** (1 tsp for 4 servings), and a **pinch of salt**. (You'll finish the sauce in Step 6.)
- In a separate small bowl, reserve **2 TBSP mustard sauce** (4 TBSP for 4). (You'll use it in the next step.)



4 ROAST CHICKEN & ASPARAGUS

- Pat **chicken*** dry with paper towels; season with **salt** and **pepper**. Place on one side of a **lightly oiled** baking sheet (for 4 servings, **arrange across entire sheet**).
- Evenly spread tops of chicken with a **thin layer of reserved mustard sauce**. Mound with **panko mixture**, pressing firmly to adhere (**no need to coat the undersides**).
- Toss **asparagus** with a **drizzle of oil**, **salt**, and **pepper** on empty side of sheet (for 4, use a second sheet).
- Roast on middle rack until chicken is cooked through and asparagus is tender, 15-20 minutes. (For 4, **roast asparagus on top rack and chicken on middle rack, swapping rack positions halfway through**.)



5 FINISH PREP & PICKLE SHALLOT

- Meanwhile, halve, peel, and thinly slice **half the shallot** (whole shallot for 4 servings).
- In a third small microwave-safe bowl, combine shallot, **vinegar**, **½ tsp sugar** (1 tsp for 4), and a **pinch of salt**. Cover with plastic wrap and microwave for 30 seconds. Set aside, stirring occasionally, until ready to serve.



6 FINISH LEMON-DIJON SAUCE

- To bowl with **mustard sauce**, add **juice from one lemon wedge** (two wedges for 4 servings). Stir to combine. Taste and season with **salt** and **pepper** if desired.



7 SERVE

- Divide **mashed potatoes**, **chicken**, and **asparagus** between plates in separate sections. Top asparagus with **pickled shallot** (**draining first**).
- Serve with **lemon-Dijon sauce** and any **remaining lemon wedges** on the side.

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