



APRICOT CHICKEN WITH WARM SPINACH SALAD

plus Butternut Squash, Maple Dijon Dressing & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



1 | 2
Lemon



8 oz | 16 oz
Butternut Squash



1 TBSP | 2 TBSP
Italian Seasoning



10 oz | 20 oz
Chicken Cutlets



2 TBSP | 2 TBSP
Maple Syrup



2 tsp | 4 tsp
Dijon Mustard



2.5 oz | 5 oz
Spinach



1 | 2
Chicken Stock Concentrate



1 | 2
Apricot Jam



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HELLO

BUTTERNUT SQUASH

This seasonal treat adds earthy savory-sweetness to a hearty salad.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 500



CRISPY BUSINESS

The secret to evenly browned roasted squash? Spread it out in one layer, and don't crowd that baking sheet!

BUST OUT

- Baking sheet
- Paper towels
- Large pan
- Aluminum foil
- Large bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 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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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim **green beans** if necessary. Quarter **lemon**.



4 MAKE DRESSING & TOSS SALAD

- While chicken cooks, in a large bowl, whisk together **mustard, juice from half the lemon, 2 tsp maple syrup, and 2 tsp olive oil** (4 tsp maple syrup and 4 tsp olive oil for 4 servings) until smooth; set aside. (**Be sure to measure the maple syrup—we sent more!**)
- Once **squash** is done roasting, transfer to bowl with **dressing**; add **spinach** and toss to combine. Taste and season with **salt** and **pepper** if desired.



2 ROAST SQUASH & GREEN BEANS

- Toss **butternut squash** on one side of a baking sheet with a **drizzle of oil, half the Italian Seasoning, salt, and pepper**. Roast on top rack 10 minutes. (**For 4 servings, spread squash out across entire sheet.**)
- Once squash has roasted 10 minutes, remove baking sheet from oven. Carefully toss **green beans** on empty side of sheet with a **drizzle of oil, salt, and pepper**; return to top rack and roast until veggies are tender and browned, 10-12 minutes more. (**For 4, leave squash roasting; add green beans to a second baking sheet and roast on middle rack.**)



5 MAKE PAN SAUCE

- Return pan used for chicken to medium-high heat. Stir in **stock concentrate, jam, ¼ cup water** (½ cup for 4 servings), and a **squeeze of lemon juice**. Bring to a simmer and cook until thickened, 3-5 minutes.
- Turn off heat; stir in **1 TBSP butter** (2 TBSP for 4) until melted. Taste and season with **salt** and **pepper** if desired. **TIP: If sauce seems too thick, stir in a splash more water.**



3 SEASON & COOK CHICKEN

- While veggies roast, pat **chicken*** dry with paper towels; season with **remaining Italian Seasoning, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken is on the thicker side, reduce heat to medium and cover the pan after turning the chicken; add a few more minutes to the cook time.**
- Turn off heat; transfer to a cutting board and tent with foil to keep warm. Wipe out pan.



6 FINISH & SERVE

- Slice **chicken** crosswise. Divide chicken, **green beans**, and **spinach salad** between plates in separate sections. Spoon **pan sauce** over chicken and serve with any **remaining lemon wedges**.

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