



ONION CRUNCH CHICKEN

with Mashed Potatoes, Roasted Green Beans & Honey Dijon Dressing

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 | 2
Crispy Fried Onions
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



1.5 oz | 3 oz
Honey Dijon
Dressing
Contains: Eggs



6 oz | 12 oz
Green Beans



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 880



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 710



HELLO

CRISPY FRIED ONIONS

Crushing up this timeless topper and mixing it with cheese creates a next-level crunchy crust for chicken.

GOLD (B)RUSH

In step 3, we instruct you to brush the tops of your chicken with some honey Dijon dressing. We prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

BUST OUT

- 2 Small bowls
 - Paper towels
 - Medium pot
 - Baking sheet
 - Strainer
 - Potato masher
 - Kosher salt
 - Black pepper
 - Olive oil (1 tsp | 1 tsp)
 - Butter (2 TBSP | 4 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.

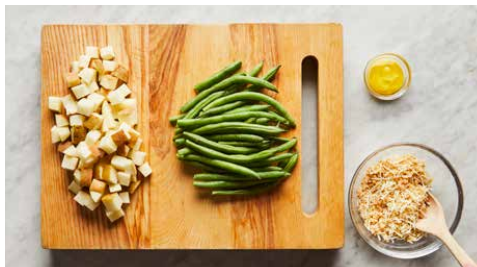
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1 PREP & MAKE CRUST

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim **green beans** if necessary.
- Using your hands, finely crush **crispy fried onions** in their bag. (TIP: **Once crushed, crispy fried onions should resemble breadcrumbs.**) Transfer to a small bowl; stir in **Monterey Jack**.
- Reserve **1 TBSP dressing (2 TBSP for 4)** in a second small bowl (**you'll use it in step 3**).



4 ROAST CHICKEN & BEANS

- On opposite side of sheet from **coated chicken**, toss **green beans** with a **drizzle of olive oil, salt, and pepper**. (For 4 servings, add green beans to a second sheet; roast green beans on top rack and chicken on middle rack.)
- Roast on middle rack until chicken is cooked through and green beans are browned and tender, 15-20 minutes. TIP: **Check chicken periodically—if the crust browns too quickly, loosely cover with foil. Additionally, if green beans finish before chicken, remove from sheet and continue roasting chicken.**

- Swap **salmon** until cooked through, 12-15 minutes.



2 COOK POTATOES

- Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Cover to keep warm.



5 MASH POTATOES

- Meanwhile, mash **potatoes** with **sour cream, 2 TBSP butter (4 TBSP for 4 servings)**, and a **big pinch of salt** until smooth, adding splashes of **reserved potato cooking liquid** as needed. Taste and season with **salt and pepper**.



3 COAT CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels and season all over with **salt and pepper**. Place on one side of a baking sheet. (For 4 servings, spread chicken out across entire sheet.)
- Evenly spread tops of chicken with a thin layer of **reserved dressing**. Mound coated sides with **onion crust**, pressing to adhere (**no need to coat the undersides**).

- Swap in **salmon*** for chicken.



6 SERVE

- Divide **mashed potatoes, green beans, and chicken** between plates. Serve with **remaining dressing** on the side.

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

*Salmon is fully cooked when internal temperature reaches 145°.