



CHICKEN WITH MAPLE DIJON SAUCE

plus Sweet Potato, Zucchini & Red Onion Jumble

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



1 | 2
Zucchini



1 | 2
Red Onion



1 oz | 2 oz
Vidalia Onion Paste



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 2 TBSP
Maple Syrup



10 oz | 20 oz
Chicken Cutlets



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



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: 610



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 450



HELLO

VIDALIA ONION PASTE

Savory-sweet and packed with umami flavor, this ingredient adds oniony depth (fast!).

ONION A-PEEL

Why do we ask you to halve the onion before peeling it? Glad you asked! Halving the onion makes it easier to peel and, with the cut sides down, easier to slice.

BUST OUT

- Large bowl
- Plastic wrap
- Small bowl
- Paper towels
- Mallet
- 2 Large pans

- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - 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.

HOW WAS YOUR MEAL?



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1 MICROWAVE SWEET POTATO

- Wash and dry produce.
- Dice **sweet potato** into ½-inch pieces. Place in a large microwave-safe bowl and cover with plastic wrap. Microwave until softened, 5-7 minutes. (You'll finish the **sweet potato** in Step 5.)



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Lightly season all over with **salt** and **pepper**.
 - Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
 - Remove pan from heat. Add **maple Dijon sauce** and **1 TBSP butter** (2 TBSP for 4 servings), stirring until butter has melted and turning chicken to evenly coat. **TIP: If sauce seems too thick, add a splash or two of water.**
- 🔄 Swap in **salmon*** for chicken (no need to pound salmon!). Cook (skin sides down) until skin is crisp, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more. Turn salmon in pan with **maple Dijon sauce** as instructed.



2 PREP

- Meanwhile, trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Halve, peel, and slice **onion** into ½-inch-thick wedges.



5 MAKE VEGETABLE JUMBLE

- While chicken cooks, heat a **large drizzle of oil** in a second large pan over medium-high heat. Add **sweet potato**, **zucchini**, and **onion wedges**; season with **salt** and **pepper**.
- Cook, stirring, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4 servings).



3 MAKE SAUCE

- In a small bowl combine **Vidalia onion paste**, **mustard**, **half the maple syrup**, and **2 TBSP water** (all the maple syrup and 4 TBSP water for 4 servings). Season with **pepper**.



6 SERVE

- Divide **vegetable jumble** between plates or shallow bowls. Top with **chicken**. Spoon any **remaining maple Dijon sauce** from pan over chicken and vegetables. Serve.

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

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