



PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony Apple Salad

INGREDIENTS

2 PERSON | 4 PERSON



½ oz | 1 oz
Pecans
Contains: Tree Nuts



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Fry Seasoning



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



10 oz | 20 oz
Chicken Cutlets



1 | 2
Apple



1 | 1
Lemon



2 oz | 4 oz
Mixed Greens



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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: 780



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 610



HELLO

HONEY MUSTARD SAUCE

Mixed with mayonnaise for a sweet, creamy sauce

GOLD (B)RUSH

In step 4, we prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon.

BUST OUT

- Medium bowl
- Small bowl
- Paper towels
- Baking sheet
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (**1 TBSP** | **1 TBSP**)
- Cooking oil (**1 tsp** | **1 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 middle position and preheat oven to 450 degrees. **Wash and dry produce.**
- Finely chop **pecans** (or crush in their bag with a heavy pan or rolling pin).
- 🔄 Adjust rack to top position if using salmon.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season with **remaining Fry Seasoning, salt,** and **pepper.** Place on a **lightly oiled** baking sheet.
- Evenly spread tops of chicken with a **thin layer of honey mustard sauce** (save the rest for serving). Mound with **pecan mixture,** pressing firmly to adhere (no need to coat the undersides).
- Roast on middle rack until crust is golden brown and chicken is cooked through, 15-20 minutes.
- 🔄 Swap in **salmon*** for chicken; roast on top rack, 8-10 minutes.



2 MAKE CRUST

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds.
- Let cool slightly, then stir in **chopped pecans, panko, half the Fry Seasoning** (you'll use the rest later), a **drizzle of olive oil,** and a **pinch of salt and pepper.**



5 MAKE SALAD

- Meanwhile, halve, core, and thinly slice **apple.** Quarter **lemon.**
- In a large bowl, toss **mixed greens** and apple with a **large drizzle of olive oil** and as much **lemon juice** as you like. Season with **salt** and **pepper.**



3 MAKE SAUCE

- In a small bowl, combine **honey, mustard,** and **mayonnaise.**



6 SERVE

- Divide **chicken** and **salad** between plates. Drizzle chicken with **remaining honey mustard sauce.** Serve with any **remaining lemon wedges** on the side.

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

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