



SEP
2016

Chicken Paillard

with Mustard Potato and Green Bean Salad

Mustard is one of our favourite secret weapons in the kitchen; it instantly adds a mellow, tangy punch to anything it touches. It's perfectly folded into this warm potato salad. Quick-cooking chicken paillard helps put this dinner on the table in no time at all!

 Prep
30 min

 level 1

 gluten
free



Chicken Breasts



Mini Yukon
Potatoes



Red Onion



Parsley



Celery



Green Beans



Whole Grain
Mustard



Red Wine
Vinegar



Sour Cream

Ingredients	2 People	4 People	*Not Included
Chicken Breasts	2 (340 g)	4 (680 g)	Allergens
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	1) Milk/Lait
Shallot	1	1	2) Mustard/Moutarde
Parsley	1 pkg (7 g)	2 pkg (14g)	3) Sulphites/Sulfites
Celery, diced	1 pkg (56 g)	2 pkg (113 g)	
Green Beans	1 pkg (170 g)	2 pkg (340 g)	
Dijon Mustard	2) 3) 1 pkg (1.5 tsp)	2 pkg (3 tsp)	Tools
Red Wine Vinegar	3) ½ bottle (1 tbsp)	1 bottle (2 tbsp)	Medium Pot, Large Pan,
Sour Cream	1) ½ pkg (1½ tbsp)	1 pkg (3 tbsp)	Strainer, Slotted Spoon, Large Bowl, Measuring Spoons
Olive or Canola Oil*			

Ruler
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Nutrition per person Calories: 541 cal | Fat: 21 g | Sat. Fat: 4 g | Protein: 46 g | Carbs: 43 g | Sugar: 7 g | Sodium: 237 mg | Fiber: 7 g
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Cook the potatoes: Wash and dry all produce. Cut the **potatoes** into ¾-inch cubes. Place the **potatoes** in a medium pot with enough **salted water** to cover. Bring the water to a boil and cook the **potatoes** until fork tender, 12-15 min.

2 Prep: Meanwhile, finely chop the **shallot**. Finely chop the **parsley leaves**. Trim the ends off the **green beans**.



3 Cook the beans: When the **potatoes** are done, remove them with a slotted spoon to a large bowl, keeping the water boiling on the stove. Add the **green beans** to the boiling water and cook until just tender, 2-3 min. Drain the beans and rinse under cold water. Transfer to the bowl with potatoes.

4 Butterfly the chicken breasts: With one hand on top of the **breast**, carefully slice into the middle of the breast parallel to your hand. Stop before cutting all the way through. Then, open it up like a book and season with **salt** and **pepper** on both sides. Repeat with the other **chicken breast**.



5 Cook the chicken: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **chicken** (you may need to do this in batches.) Pan-fry until chicken is cooked through, 3-4 min per side (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

6 Make the potato salad: Meanwhile, add to the **green beans** and **potatoes**. Measure out the **sour cream**, **mustard**, **vinegar**, then add a drizzle of **oil**. Toss in the **celery**, **chopped parsley**, and as much **shallot** as you like. Season with **salt** and **pepper**.

7 Finish and serve: Slice the **chicken**. Serve it on a bed of **mustard potatoes** and **green bean salad**! Enjoy!

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