



CRISPY MAPLE MUSTARD CHICKEN

with Roasted Potato Wedges & Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes*



12 oz | 24 oz
Carrots



1 TBSP | 2 TBSP
Fry Seasoning



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



2 TBSP | 4 TBSP
Maple Syrup



2 TBSP | 4 TBSP
Dijon Mustard



10 oz | 20 oz
Chicken Cutlets

*The ingredient you received may be a different color.

HELLO

PANKO

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



HELLO FRESH

DREAM TEAM

Sweet maple and tangy mustard are a perfect pairing. We also love the combo on pork chops.

BUST OUT

- Peeler
- 2 Small bowls
- 2 Baking sheets
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (**1 TBSP** | **1 TBSP**)
- Butter (**2 TBSP** | **4 TBSP**)
Contains: Milk

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1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.



4 SEASON VEGGIES

- Toss **potatoes** on a baking sheet with a **large drizzle of olive oil, remaining Fry Seasoning, salt, and pepper.**
- On a separate baking sheet, toss **carrots** with a **drizzle of olive oil, salt, and pepper.** Push carrots to one side of sheet.



2 SEASON PANKO

- Place **1 TBSP butter (2 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until just melted, 30 seconds.
- Stir in **half the Fry Seasoning** (you'll use the rest later), a **big pinch of salt,** and **pepper.** Add **panko** and stir until evenly combined.



5 COAT CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper.**
- Place on opposite side of baking sheet from **carrots.** Evenly spread **reserved maple mustard** onto tops of chicken, then mound **seasoned panko** on top, pressing to adhere (no need to coat the undersides).



3 MAKE MAPLE MUSTARD

- Place another **1 TBSP butter (2 TBSP for 4 servings)** in a second small microwave-safe bowl; microwave until just melted, 30 seconds. Add **maple syrup, mustard,** and a **pinch of salt;** stir until smooth.
- Reserve 1 TBSP of the mixture (**2 TBSP for 4**) for brushing onto chicken in step 5.



6 FINISH & SERVE

- Transfer **chicken** and **carrots** to middle rack and **potatoes** to top rack.
- Roast until chicken is golden brown and cooked through and veggies are tender, 15-18 minutes.
- Divide chicken, potatoes, and carrots between plates. Serve with **remaining maple mustard** on the side for dipping.

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