



Grilled Maple-Mustard Chicken

with BBQ-Spiced Potato Wedges and Zucchini

Grill

30 Minutes



Chicken Thighs



Maple Syrup



Whole Grain Mustard



Garlic, cloves



Russet Potato



BBQ Seasoning



Soy Sauce



Zucchini

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 500°F over medium-high heat.

Bust out

Baking sheet, medium non-stick pan, measuring spoons, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic, cloves	2	4
Russet Potato	460 g	920 g
BBQ Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 ½ tsp	3 tsp
Zucchini	200 g	400 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Roast potato wedges

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Sprinkle **BBQ Seasoning** over top, then season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, to taste.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **zucchini** to a plate, then cover to keep warm.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.



Make glaze

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan to melt. Add **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **mustard, maple syrup** and **soy sauce**. Cook, stirring occasionally, until **sauce** slightly thickens, 1-2 min.
- Remove the pan from heat.



Grill chicken

- Pat **chicken** dry with paper towels.
- Add **chicken** to a large bowl. Season with **salt** and **pepper**. Drizzle with **½ tbsp oil** (dbl for 4 ppl), then toss to coat.
- Add **chicken** to the grill. Close lid and grill, flipping halfway, until cooked through, 5-6 min per side.**
- Transfer **chicken** to a plate, then cover to keep warm.



Finish and serve

- Add **chicken** to the pan with **glaze**, then flip to coat.
- Divide **chicken, potato wedges** and **zucchini** between plates.
- Drizzle **any remaining glaze** from the pan over **chicken**.

Dinner Solved!