



# MUSTARD-BREADED CHICKEN THIGHS

with Brussels Sprouts and Sweet Potatoes



**HELLO**  
**MICROWAVED SWEET POTATOES**  
 Fluffy, tender goodness in just 10 minutes

**PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 875**



Chicken Thighs



Flour  
(Contains: Wheat)



Dried Thyme



Dijon Mustard



Brussels Sprouts



Panko Breadcrumbs  
(Contains: Wheat)



Sour Cream  
(Contains: Milk)



Sweet Potatoes



## START STRONG

If you don't have a microwave, you can put the sweet potatoes in the oven. Cut them into wedges, toss on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper, and bake until tender, 25-30 minutes.

## BUST OUT

- Medium bowl
- 2 Baking sheets
- 3 Plates
- Paper towels
- Olive oil (3 tsp | 5 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Brussels Sprouts 8 oz | 16 oz
- Flour ½ Cup | 1 Cup
- Sour Cream 4 TBSP | 6 TBSP
- Dijon Mustard 1 TBSP | 2 TBSP
- Panko Breadcrumbs ½ Cup | 1 Cup
- Dried Thyme 1 tsp | 2 tsp
- Chicken Thighs 12 oz | 24 oz
- Sweet Potatoes 2 | 4

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### 1 PREP AND ROAST BRUSSELS SPROUTS

**Wash and dry all produce.** Preheat oven to 425 degrees. Trim and halve **Brussels sprouts** lengthwise. Toss with a large drizzle of **olive oil, salt, and pepper** in a medium bowl. Place on a baking sheet cut-side down. Roast in oven until browned and crispy, about 25 minutes.



### 4 BAKE CHICKEN

Transfer **breaded chicken** to a lightly-oiled baking sheet. (**TIP:** Line sheet with parchment to reduce sticking and for easy cleanup.) Bake in oven until chicken is cooked through and crumbs are a light gold color, 15-20 minutes. Increase temperature to 450 degrees or place sheet under broiler. Continue baking (or broiling) until **panko** are golden brown, about 5 minutes.



### 2 PREP BREADING STATION

Arrange 3 plates in a row. Spread **flour** on first plate. On the second, gently mix together half the **sour cream, 1 TBSP water, and 1 TBSP Dijon mustard** (we sent more). On the last plate, mix together and spread out **panko, thyme, and a pinch of salt and pepper.**



### 5 MICROWAVE POTATOES

While **chicken** bakes, poke **sweet potatoes** all over with a fork. Wrap each in a damp paper towel. Microwave on high for 10 minutes. Remove from microwave and place on baking sheet with chicken until meal is ready.



### 3 BREAD CHICKEN

Pat **chicken thighs** dry with a paper towel. Season all over with **salt and pepper.** Working with one at a time, toss in **flour**, coating all over. Shake off any excess. Dip in **mustard mixture** and coat evenly, letting excess drip off. Transfer to dish with **panko**, turning to cover all over in crumbs. Pat gently to adhere.



### 6 FINISH AND PLATE

Cut an X in each **sweet potato** and dollop with remaining **sour cream.** Plate with **Brussels sprouts** and **chicken.**

## EASY PEASY!

You just breaded chicken like a pro.