



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



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 770



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



HELLO

HONEY MUSTARD SAUCE

Mixed with mayonnaise, this creamy sauce acts as a binder for the pecan crust and adds a sweet-and-savory flavor to juicy chicken

(CI)TRUST US

When making your salad in step 5, squeeze the lemon directly over the apple slices and give 'em a good toss. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.

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

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

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



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.



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.