

INGREDIENTS

2 PERSON | 4 PERSON

¼ Cup | ½ Cup

Panko

Breadcrumbs **Contains: Wheat** 1 TBSP | 2 TBSP

Fry Seasoning

2 TBSP | 4 TBSP

Mayonnaise Contains: Eggs

Lemon



Pecans Contains: Tree Nuts



2 tsp | 4 tsp



10 oz | 20 oz Chicken Cutlets





2 tsp | 4 tsp

Dijon Mustard







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.

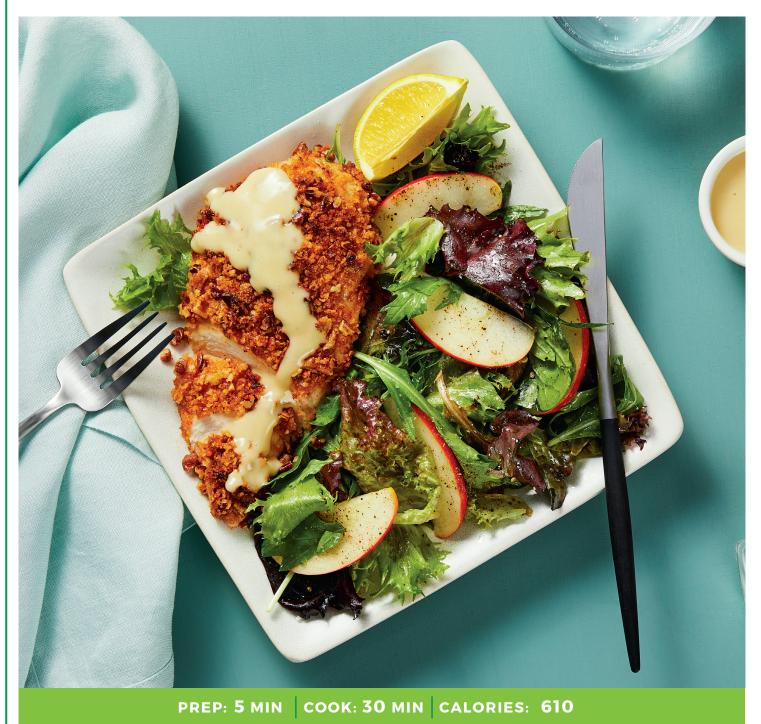


10 oz | 20 oz Salmon Contains: Fish



PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony Apple Salad





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°.

3 *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.



2 MAKE CRUST

- Place 1 TBSP butter (2 TBSP for 4 servings) in a medium microwavesafe 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.



3 MAKE SAUCE

• In a small bowl, combine **honey**, **mustard**, and **mayonnaise**.



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.



- 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.



 Divide chicken and salad between plates. Drizzle chicken with remaining honey mustard sauce. Serve with any remaining lemon wedges on the side.

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