

Hello  
FRESH

AUG  
2016

## Pistachio-Crusted Chicken

with Quinoa and Chopped Cucumber Jalapeño Salad

Have you had enough of quinoa yet? Good, neither have we. This time, we top the good-for-you grain with pistachio-crusted chicken, a refreshing chopped salad, and a bit of jalapeño for good measure.



**Prep:** 10 min  
**Total:** 30 min



level 1



dairy  
free



gluten  
free



Chicken Breasts



Quinoa



Persian  
Cucumber



Jalapeño  
Pepper



Sherry  
Vinegar



Mint



Roma  
Tomato



Dijon  
Mustard



Pistachios



Lime



Vegetable  
Stock Concentrate



Shallot

## Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Quinoa	½ Cup	1 Cup
Persian Cucumber	1	2
Jalapeño Pepper 	1	2
Sherry Vinegar	1 T	2 T
Mint	¼ oz	½ oz
Roma Tomato	1	2
Dijon Mustard	1 T	2 T
Pistachios <b>1)</b>	1 oz	2 oz
Lime	1	2
Vegetable Stock Concentrate	1	2
Shallot	1	2
Oil*	1 T	2 T

\*Not Included

## Allergens

**1)** Tree Nuts

## Tools

Small pot, Baking sheet, Zester, Medium bowl

**Nutrition per person** Calories: 587 cal | Fat: 18 g | Sat. Fat: 2 g | Protein: 62 g | Carbs: 56 g | Sugar: 11 g | Sodium: 555 mg | Fiber: 8 g

Ruler

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1



**1 Cook the quinoa:** Preheat the oven to 400 degrees. Place the **vegetable stock concentrate, quinoa, 1 cup water**, and a pinch of **salt** in a small pot. Bring to a boil, cover, and reduce to a simmer for 15-20 minutes, until tender.

**2 Prep the chicken:** Pat the **chicken** dry with a paper towel. Place onto a lightly oiled baking sheet. Season with **salt** and **pepper**. Spread a thin layer of **mustard** evenly on top of the **chicken breasts**.

3



**3 Cook the chicken:** Roughly chop the **pistachios** and press into the **mustard** to adhere. Place the **chicken** in the oven for about 20 minutes, or until the juices run clear when pierced with a knife.

**4 Make the salad:** **Wash and dry all produce.** While the **chicken** cooks, dice the **cucumber**. Halve, peel, and finely dice the **shallot**. Core, seed, and dice the **tomato**. Roughly chop the **mint leaves**. Zest and halve the **lime**. Dice the **jalapeño**, removing the seeds and ribs if you prefer less heat. In a medium bowl, combine the **cucumber, tomato, shallot, lime zest, half the mint**, and as much **jalapeño** as you like. Season with **salt** and **pepper**. Toss with a squeeze of **lime** and a drizzle of **oil**.

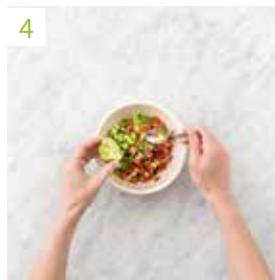
4



**5 Season the quinoa:** When the **quinoa** is ready, fluff with a fork. Season with **salt** and **pepper**. Stir in a splash of **sherry vinegar** and a drizzle of **oil**, to taste.

**6 Finish:** When the **chicken** is cooked through, remove from oven to rest for 3 minutes before thinly slicing. Serve the **pistachio-crusted chicken** on a bed of **quinoa**. Spoon the **cucumber jalapeño salad** over the top. Garnish with the remaining **mint**. Enjoy!

4



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