



# CHICKEN IN DIJON SAUCE

with Balsamic Greens, Walnuts & Grapes plus Garlic Bread

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



2 1/4 oz | 4 1/2 oz  
Red Grapes



1 | 2  
Ciabatta  
Contains: Soy,  
Wheat



10 oz | 20 oz  
Chicken Cutlets\*\*



1 | 2  
Chicken Stock  
Concentrate



2 tsp | 4 tsp  
Dijon Mustard



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



2 oz | 4 oz  
Mixed Greens



1/2 oz | 1 oz  
Walnuts  
Contains: Tree Nuts



5 tsp | 5 tsp  
Balsamic Vinegar

\*\* In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## 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  
Steelhead Trout  
Contains: Fish

Calories: 830



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 640





# HELLO FRESH

## HELLO

### DIJON MUSTARD

This versatile French condiment adds major flavor to a creamy, garlicky pan sauce.

### BUTTER UP

In step 1, you'll make a compound butter. This one has minced garlic, but the sky's the limit when it comes to flavor pairings!

Try lemon zest + parsley for couscous, or honey + cinnamon for waffles.

### BUST OUT

- Small bowl
- Paper towels
- Large pan
- Large bowl
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (3 TBSP | 6 TBSP)  
Contains: Milk

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\* Chicken is fully cooked when internal temperature reaches 165°.  
† Trout is fully cooked when internal temperature reaches 145°.



### 1 PREP & MAKE GARLIC BUTTER

- Heat broiler to high. **Wash and dry produce.**
- Peel and mince **garlic**. Halve **grapes**. Halve **ciabatta**.
- Place **2 TBSP butter (4 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until just softened, 10-15 seconds. Stir in half the garlic. Season with **salt and pepper**.



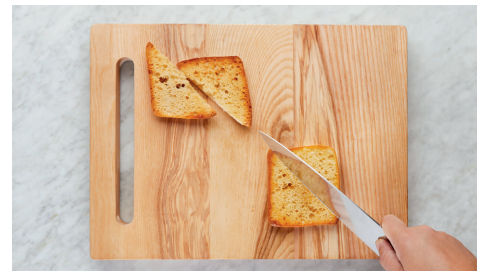
### 4 MAKE SALAD

- Meanwhile, in a large bowl, toss **mixed greens, grapes, and walnuts** with **half the vinegar (all for 4 servings)** and a **large drizzle of olive oil**. Season with **salt and pepper**.



### 2 COOK CHICKEN

- Pat **chicken\*** dry with paper towels; season all over with **salt and pepper**.
- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Transfer chicken to a cutting board.
- † Swap in **trout\*** for chicken; add to pan, skin sides down. Cook until skin is crisp and fish is almost cooked through, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more. Transfer to a plate.



### 5 MAKE GARLIC BREAD

- Spread cut sides of **ciabatta** with **garlic butter**; place, cut sides up, on a baking sheet. Broil until golden brown, 2-3 minutes. **TIP: Watch carefully to avoid burning.**
- Halve **garlic bread** on a diagonal.



### 3 MAKE PAN SAUCE

- Add **remaining garlic** to same pan; cook until fragrant, 30 seconds.
- Stir in **stock concentrate** and **¼ cup water (½ cup for 4 servings)**. Simmer until reduced, 2-3 minutes.
- Stir in **sour cream, half the mustard, and 1 TBSP plain butter (2 TBSP for 4)**; remove from heat. Season with **salt and pepper**. **(Taste and add more mustard if desired.)**



### 6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide chicken, **salad**, and **garlic bread** between plates. Top chicken with **pan sauce** and serve.
- † Skip slicing trout.