



CHICKEN IN DIJON SAUCE

with Balsamic Greens, Walnuts & Grapes plus Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



2.25 oz | 4.5 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



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 oz | 4 oz
Mixed Greens



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



5 tsp | 5 tsp
Balsamic Vinegar



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Steelhead Trout

Calories: 770



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



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

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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 a **large drizzle of olive oil** and **half the vinegar (all for 4 servings)**. 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 to a cutting board.
- 🔄 Swap in **trout*** for chicken: cook (**skin sides down**) until skin is crispy, 5-6 minutes. Flip and cook until opaque and cooked through, 4-6 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 over medium-high heat; 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.
- 🔄 Serve **trout** as instructed (**no need to slice!**).

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