



# CRISPY MAPLE MUSTARD CHICKEN

with Roasted Potato Wedges & Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



12 oz | 24 oz  
Carrots



1 TBSP | 2 TBSP  
Fry Seasoning



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



2 TBSP | 4 TBSP  
Maple Syrup



2 TBSP | 4 TBSP  
Dijon Mustard



10 oz | 20 oz  
Chicken Cutlets



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THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*The ingredient you received may be a different color.



## HelloCustom

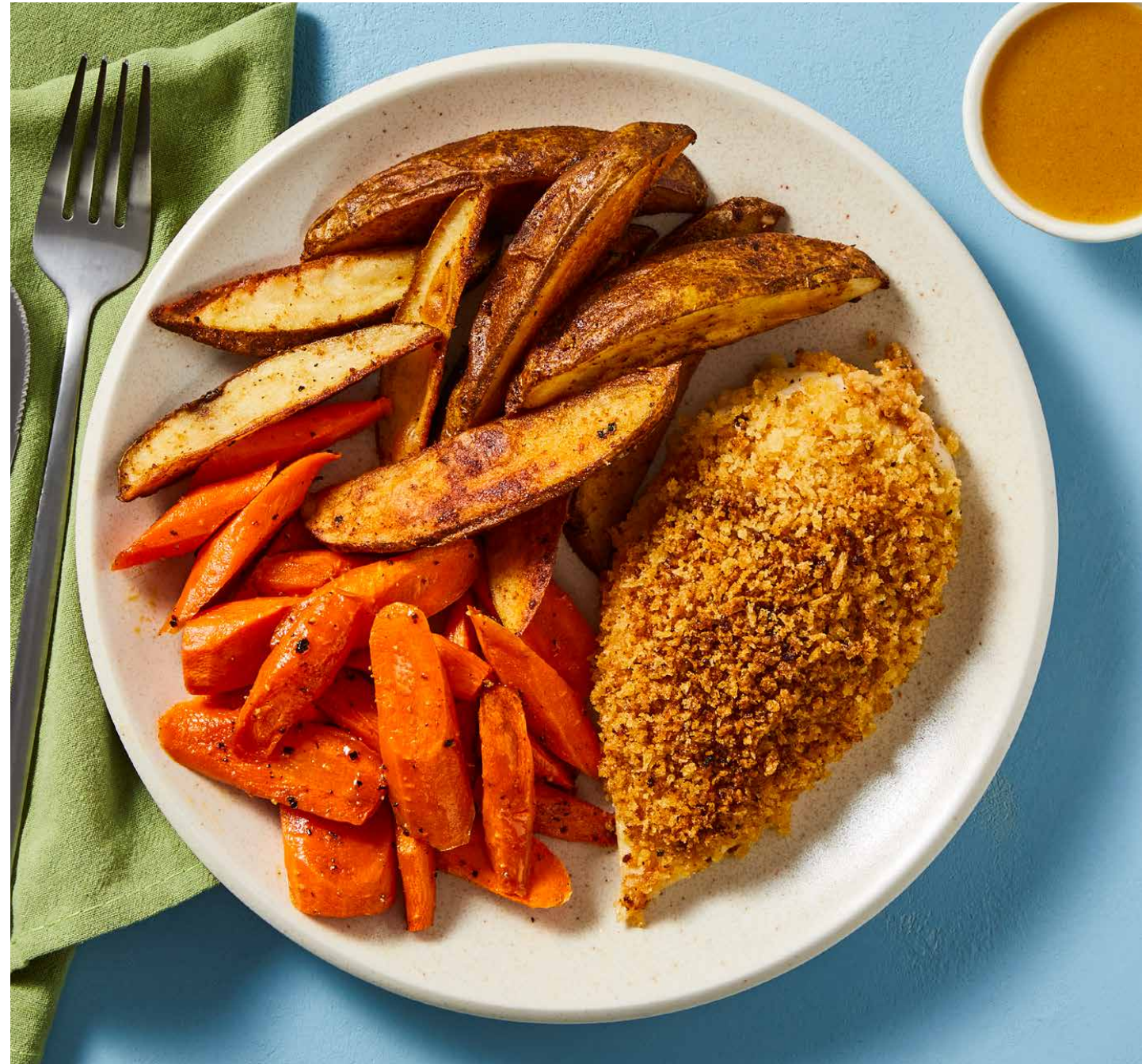
If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



8 oz | 16 oz  
Broccoli  
Calories: 640



6 oz | 12 oz  
Green Beans  
Calories: 620



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 660



HELLO

### FRY SEASONING

A savory seasoning blend of garlic, onion, and paprika

### DREAM TEAM

Sweet maple and tangy Dijon mustard are a perfect pairing. The sauce combo is also delicious on pork chops or as a sandwich spread.

### BUST OUT

- Peeler
- 2 Baking sheets
- 2 Small bowls
- Paper towels

- Kosher salt
  - Black pepper
  - Olive oil (1 TBSP | 1 TBSP)
  - Butter (2 TBSP | 4 TBSP)
- Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

### HOW WAS YOUR MEAL?



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### 1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.

- Cut **broccoli** into bite-size pieces or trim
- **green beans** if necessary. (Save carrots for another use.)



### 4 SEASON VEGGIES

- Toss **potatoes** on a baking sheet with a **large drizzle of olive oil, remaining Fry Seasoning, salt, and pepper.**
- On a separate baking sheet, toss **carrots** with a **drizzle of olive oil, salt, and pepper.** Push carrots to one side of sheet.

- Swap in **broccoli** or **green beans** for carrots.



### 2 SEASON PANKO

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just melted, 30 seconds.
- Stir in **half the Fry Seasoning** (you'll use the rest later), a **big pinch of salt**, and **pepper.** Add **panko** and stir until evenly combined.



### 5 ROAST CHICKEN & VEGGIES

- Pat **chicken\*** dry with paper towels; season all over with **salt** and **pepper.**
- Place on opposite side of baking sheet from **carrots.** Evenly spread **reserved maple mustard** onto tops of chicken, then mound **seasoned panko** on top, pressing to adhere (no need to coat the undersides).
- Transfer **chicken** and **carrots** to middle rack and **potatoes** to top rack.
- Roast until chicken is golden brown and cooked through and veggies are tender, 15-18 minutes. **TIP: If chicken is done before veggies, remove from sheet and continue roasting veggies until browned and tender, 5-7 minutes more.**

- Roast **chicken** along with **broccoli** or **green beans** as instructed. If green beans are done before chicken, carefully remove from sheet and continue roasting chicken until cooked through.



### 3 MAKE MAPLE MUSTARD

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a second small microwave-safe bowl; microwave until just melted, 30 seconds. Add **maple syrup, mustard,** and a **pinch of salt;** stir until smooth.
- Reserve 1 TBSP of the **mixture** (2 TBSP for 4) for brushing onto chicken in Step 5.



### 6 SERVE

- Divide **chicken, potato wedges,** and **carrots** between plates. Serve with **remaining maple mustard** on the side for dipping or drizzling.

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