



PREP & BAKE HONEY DIJON PECAN CHICKEN

with Green Beans & Herby Potato

INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 2 tsp
Garlic Powder



½ oz | 1 oz
Pecans
Contains: Tree Nuts



1 TBSP | 2 TBSP
Fry Seasoning



1½ oz | 3 oz
Honey Dijon Dressing
Contains: Eggs



6 oz | 12 oz
Green Beans



12 oz | 24 oz
Russet Potato



1 tsp | 1 tsp
Dried Thyme



¼ Cup(s) | ½ Cup(s)
Panko Breadcrumbs
Contains: Wheat



1 | 2
Oven-Ready Tray



10 oz | 20 oz
Chicken Cutlets



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HELLO

FRY SEASONING

A savory blend of garlic, onion, and paprika



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 680



OVEN-LOVIN' TRAY

Our oven-ready tray makes life even easier—no pots or pans to clean! If the tray is dented in transit, no worries! Simply smooth it out with your fingers. (You can also use an 8-inch baking dish.)

BUST OUT

- 2 Medium bowls
 - Plastic wrap
 - Paper towels
 - Small bowl
 - Kosher Salt
 - Black Pepper
 - Cooking Oil
 - Olive Oil
 - Butter
- Contains: Milk

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

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

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1 ROAST POTATO

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potato** into ½-inch pieces. Toss potato in **oven-ready tray** with a **drizzle of oil, garlic powder, half the thyme (all for 4 servings), salt, and pepper.** (For 4, use one tray for potato. You'll use the second tray in Step 4.)
- Roast on top rack (**be sure your oven has preheated!**) until just tender, 5-8 minutes (**you'll add more to the tray then**).



4 ROAST CHICKEN

- Once potato has roasted 5-8 minutes, remove from oven.
- Carefully push **potato** to one side of tray; place **chicken**, coated sides up, on opposite side. Return **tray** to oven and roast on middle rack until potato is tender, chicken is cooked through, and pecan topping is golden brown, 15-20 minutes. (For 4 servings, leave **potato roasting on top rack; add chicken to second tray and roast on middle rack.**)



2 MAKE PECAN TOPPING

- Meanwhile, place **1 TBSP butter (2 TBSP for 4 servings)** in a medium microwave-safe bowl; microwave until melted, 30 seconds.
- Finely chop **pecans**.
- Add pecans, **panko, half the Fry Seasoning (you'll use the rest later), a drizzle of olive oil,** and a **pinch of salt and pepper** to bowl with melted butter. Stir to combine.



5 COOK GREEN BEANS

- Meanwhile, trim **green beans** if necessary.
- Place green beans and **1 TBSP butter (2 TBSP for 4 servings)** in a second medium microwave-safe bowl; season with **salt and pepper**. Cover tightly with plastic wrap; microwave until slightly tender, 1-2 minutes.



3 COAT CHICKEN

- Reserve about **half the honey Dijon dressing** in a small bowl (**set aside for use in Step 6**).
- Pat **chicken*** dry with paper towels; season all over with **remaining Fry Seasoning, salt, and pepper**. Transfer to a plate.
- Spread tops of chicken with a thin layer of remaining honey Dijon dressing. Mound chicken with **pecan topping**, pressing firmly to adhere (**no need to coat the undersides**).



6 SERVE

- Divide **pecan chicken, potato, and green beans** between plates in separate sections. Drizzle chicken with as much **reserved honey Dijon dressing** as you like. Serve.

*Poultry is fully cooked when internal temperature reaches 165°.