



PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony Apple Salad



HELLO HONEY MUSTARD SAUCE

Mixed with mayonnaise, this awesome sauce acts as a binder for the pecan crust and adds a sweet-and-savory flavor to chicken.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 610**



Chicken Cutlets



Panko Breadcrumbs
(Contains: Wheat)



Honey



Apple



Lemon



Pecans
(Contains: Tree Nuts)



Dijon Mustard



Mayonnaise
(Contains: Eggs)



Mixed Greens



Fry Seasoning

START STRONG

In step 4, we instruct you to brush the tops of your chicken with the honey mustard sauce. We prefer a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

BUST OUT

- Medium bowl
- Large bowl
- Small bowl
- Kosher salt
- Paper towels
- Black pepper
- Baking sheet
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Pecans ½ oz | 1 oz
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Fry Seasoning 1 TBSP | 2 TBSP
- Dijon Mustard 2 tsp | 4 tsp
- Honey 2 tsp | 4 tsp
- Mayonnaise 2 TBSP | 4 TBSP
- Chicken Cutlets* 10 oz | 20 oz
- Apple 1 | 2
- Lemon 1 | 2
- Mixed Greens 2 oz | 4 oz

* Chicken is fully cooked when internal temperature reaches 165 degrees.



1 PREP

Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry all produce.** Finely chop **pecans** (or crush in their bag with a heavy pan or rolling pin).



2 MAKE CRUST

Place **2 TBSP butter** (3 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds. Let cool slightly, then stir in **pecans, panko**, half the **Fry Seasoning** (you'll use the rest later), and a pinch of **salt** and **pepper**.



3 MAKE SAUCE

In a small bowl, combine **mustard, honey**, and **mayonnaise**.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season with **salt, pepper**, and remaining **Fry Seasoning**. Place on a lightly **oiled** baking sheet. Evenly spread tops of chicken with a thin layer of **honey mustard sauce** (reserve remaining sauce for serving). Mound with **pecan mixture**, pressing firmly to adhere (no need to coat the undersides). Roast on middle rack until crust is golden brown and chicken is cooked through, 15-20 minutes.



5 MAKE SALAD

Meanwhile, halve, core, and thinly slice **apple**. Quarter **lemon**. In a large bowl, toss **mixed greens** and apple with a large drizzle of **olive oil** and as much **lemon juice** as you like. Season with **salt** and **pepper**.



6 SERVE

Divide **chicken** and **salad** between plates. Drizzle chicken with reserved **honey mustard sauce**. Serve with remaining **lemon wedges** on the side.

UPPER CRUST

This pecan-and-panko coating technique is also great on fish. Try it next time with trout or salmon.



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