

INGREDIENTS

2 PERSON | 4 PERSON



Pecans Contains: Tree Nuts



2 tsp | 4 tsp



10 oz | 20 oz Chicken Cutlets



¼ Cup | ½ Cup Panko Breadcrumbs **Contains: Wheat**



2 tsp | 4 tsp





1 TBSP | 2 TBSP Fry Seasoning



2 TBSP | 4 TBSP Mayonnaise Contains: Eggs



1 | 1 Lemon



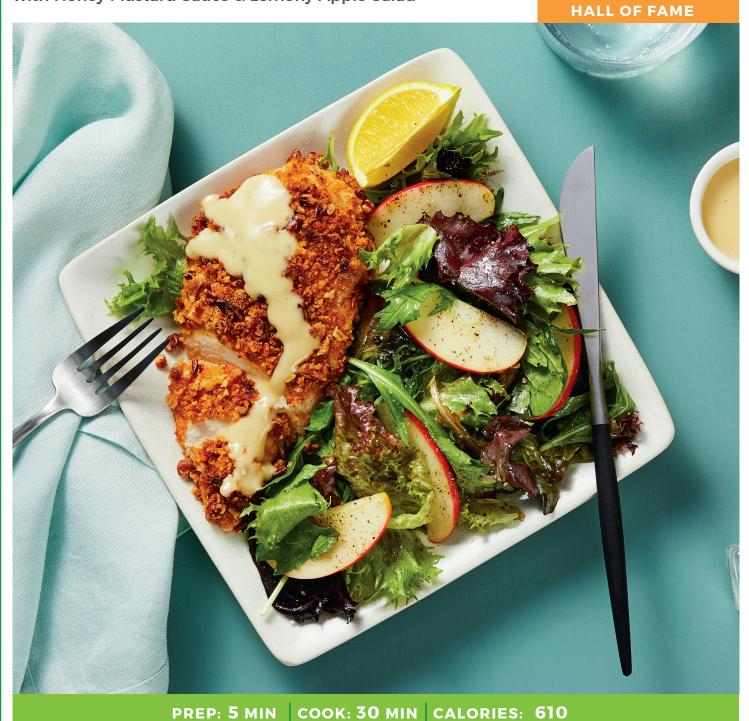
2 oz | 4 oz Mixed Greens

HELLO

We're celebrating Nutrition Month with mmmworthy meals hand-picked by our dietitians.

PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony Apple Salad



DIETITIAN WIN



THIS IS CITR-US

When making your salad in step 5, squeeze the lemon directly over the apple slices and give 'em a good toss. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.



- Medium bowl
- Small bowl
- Paper towels
- · Baking sheet
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (1 tsp | 1 tsp)
- Butter (**1 TBSP | 2 TBSP**)

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



1 PREP

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



2 MAKE CRUST

- Place 1 TBSP butter (2 TBSP for 4 servings) in a medium microwavesafe bowl. Microwave until melted, 30 seconds.
- Let cool slightly, then stir in chopped pecans, panko, half the Fry
 Seasoning (you'll use the rest later), a drizzle of olive oil, and a pinch of salt and pepper.



3 MAKE SAUCE

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



4 COOK CHICKEN

- Pat chicken* dry with paper towels; season with remaining Fry Seasoning, salt, and pepper. Place on a lightly oiled baking sheet.
- Evenly spread tops of chicken with a thin layer of honey mustard sauce (save the rest 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 MARE 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 remaining honey mustard sauce. Serve with any remaining lemon wedges on the side.

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