



# PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony Apple Salad

HALL OF FAME

## INGREDIENTS

2 PERSON | 4 PERSON



**½ oz | 1 oz**  
Pecans  
Contains: Tree Nuts



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



**1 TBSP | 2 TBSP**  
Fry Seasoning



**2 tsp | 4 tsp**  
Honey



**2 tsp | 4 tsp**  
Dijon Mustard



**2 TBSP | 4 TBSP**  
Mayonnaise  
Contains: Eggs



**10 oz | 20 oz**  
Chicken Cutlets



**1 | 2**  
Apple



**1 | 1**  
Lemon



**2 oz | 4 oz**  
Mixed Greens



## HELLO

### DIETITIAN WIN

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

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 610



## 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.

## BUST OUT

- 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**)  
Contains: Milk

## GET SOCIAL

Share your **#HelloFreshPics**  
with us **@HelloFresh**

(646) 846-3663  
**HelloFresh.com**



### 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 microwave-safe 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 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 **remaining honey mustard sauce.** Serve with any **remaining lemon wedges** on the side.

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