



PISTACHIO-CRUSTED CHICKEN

with Quinoa and a Cucumber Jalapeño Salad



HELLO

PISTACHIO-CRUSTED CHICKEN

The vitamin- and mineral-rich nuts bring the perfect crunch

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 570



Veggie Stock Concentrate



Pistachio Nuts
(Contains: Tree Nuts)



Dijon Mustard



Grape Tomatoes



Shallot



Jalapeño



White Quinoa



Chicken Breasts



Persian Cucumber



Mint



Lime



Sherry Vinegar

START STRONG

Make sure to pat the chicken breast dry before spreading on the mustard. This will ensure a crispy, even coating.

BUST OUT

- Small pot
- Paper towel
- Baking sheet
- Zester
- Medium bowl
- Olive oil (1 TBSP | 5 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------------|-----------------|
| • Veggie Stock Concentrate | 1 2 |
| • White Quinoa | ½ Cup 1 Cup |
| • Pistachio Nuts | 1 oz 2 oz |
| • Chicken Breasts | 12 oz 24 oz |
| • Dijon Mustard | 2 tsp 4 tsp |
| • Persian Cucumber | 1 2 |
| • Grape Tomatoes | 4 oz 8 oz |
| • Mint | ¼ oz ¼ oz |
| • Shallot | 1 2 |
| • Lime | 1 2 |
| • Jalapeño | 1 2 |
| • Sherry Vinegar | 1 TBSP 2 TBSP |

HELLO WINE

Looking for the perfect wine pairing? Join our new wine club at [HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT OVEN AND COOK QUINOA

Preheat oven to 400 degrees. Put **stock concentrate**, **1 cup water**, and a pinch of **salt** in a small pot. Bring to a boil, then add **quinoa**. Cover, lower heat, and reduce to a simmer. Cook until tender, about 15 minutes.



4 MAKE SALAD

Toss **cucumber**, **tomatoes**, **2 tsp mint**, **diced shallot**, **lime zest**, a squeeze of **lime juice**, **jalapeño** (to taste), and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



2 PREP AND BAKE CHICKEN

Wash and dry all produce. Roughly chop **pistachios**. Pat **chicken** dry with a paper towel, then place on a lightly oiled baking sheet. Season with **salt** and **pepper**. Evenly spread a thin layer of **mustard** on top of chicken. Press pistachios into mustard. Bake in oven until chicken is no longer pink in center, about 20 minutes.



5 SLICE CHICKEN AND SEASON QUINOA

When **chicken** is cooked through, remove from oven and rest 3 minutes before thinly slicing. Once **quinoa** is done, fluff with a fork and season with **salt** and **pepper**. Stir in a drizzle of **olive oil** and a drizzle of **sherry vinegar** (start with a little and add more to taste).



3 PREP SALAD

While chicken cooks, chop **cucumber** into small cubes. Halve **tomatoes**. Chop **mint leaves** until you have 1 TBSP; set aside 1 tsp for garnish. Halve, peel, and finely dice **shallot** until you have 1 TBSP. Zest **lime** until you have ½ tsp zest, then cut into halves. Dice **jalapeño**, removing ribs and seeds for less heat.



6 FINISH

Divide **quinoa** between plates, then top with **chicken**. Spoon **salad** on top and garnish with reserved **mint**.

SUCCESS!

Next time, try crusting with almonds or pecans.

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com