



Hearty Roasted Chicken

with Dijon Mushroom Sauce and Green Salad

Nutritious, chewy brown rice is the perfect bed for this flavour-packed sauce. Our big tip here is to make sure you take the sauce off the boil and let it cool for a minute before you add the sour cream to make sure you don't split your sauce!



Chicken Breasts



Garlic



Brown Rice



White Mushrooms



Thyme



Chicken Broth Concentrate



Dijon Mustard



Sour Cream



Spring Mix



Balsamic Vinegar



Honey

Ingredients

Chicken Breasts, skin on		2 pkg (680 g)
Brown Rice		2 pkg (340 g)
Thyme		1 pkg (7 g)
Garlic		2 pkg (20 g)
White Mushrooms		1 pkg (454 g)
Chicken Broth Concentrate		2 pkg
Dijon Mustard	1) 2)	3 pkg (4½ tsp)
Sour Cream	3)	2 pkg (½ cup)
Spring Mix		1 pkg (113 g)
Balsamic Vinegar	1)	1 bottle (2 tbsp)
Honey		1 pkg (1 tbsp)

Olive or Canola Oil*

Nutrition per person Calories: 738 cal | Fat: 24 g | Protein: 48 g | Carbs: 80 g | Fibre: 5 g | Sodium: 479 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

4 People

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Mustard/Moutarde
- 3) Milk/Lait

Tools

Medium Pot, Large Bowl, Large Non-Stick Pan, Measuring Cups, Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

3



1 Preheat the oven to 400°F (to roast the chicken.) Start prepping when the oven comes up to temperature!

4



2 Cook the rice: Rinse the **brown rice** under cold tap water until the water runs clear. Combine **rice** with **2½ cups water** in a medium pot. Bring to a boil over high heat, then reduce the heat to medium. Cover with a lid and simmer until the rice is tender and the water has been absorbed, 25-30 min. Drain any excess water.

3 Cook the chicken: Season the **chicken** with **salt** and **pepper**. Heat a large non-stick pan over medium-high. Add a drizzle of **oil**, then the chicken, skin-side down. Cook until skin is crispy, 2-3 min. Transfer the chicken to a parchment-lined baking sheet, skin-side up. Roast in the oven until chicken is cooked through, 20-22 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

5



4 Prep: Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Coarsely chop the **mushrooms**.

5 Cook the mushrooms: Add another drizzle of **oil** to the same pan, then the **mushrooms**, **5 sprigs of thyme**, **garlic**, **broth concentrates** and **¼ cup water**. (If your pan won't fit all the mushrooms, cook down half the mushrooms first, then add the remaining half.) Cook, stirring often, until mushrooms soften, 4-5 min. (There will be some liquid left in the pan.) Remove from the heat and take out the thyme sprigs. Stir in **2 pkgs mustard** and **sour cream**.

6 Make the salad: In a large bowl, whisk the **vinegar** with **1 pkg Dijon**, **honey** and a drizzle of **oil**. Toss in the **spring mix**.

7 Finish and serve: Slice the **chicken**, then serve with **Dijon mushroom sauce**, the **brown rice** and **salad**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [b](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca