



# Maple Grilled Chicken Breast

## with Sweet Potatoes and Cranberry Side Salad

Long Weekend Grill

35 Minutes



Chicken Breasts



Sweet Potato



Maple Syrup



Whole Grain Mustard



Thyme



Onion, chopped



Red Wine Vinegar



Spring Mix



Dried Cranberries



Seed Blend

HELLO MAPLE SYRUP

*Is there anything more Canadian than maple syrup?*

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

## Bust Out

2 Medium bowls, measuring spoons, aluminum foil, large bowl, small bowl, whisk, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Potato	340 g	680 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Thyme	7 g	7 g
Onion, chopped	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Dried Cranberries	28 g	56 g
Seed Blend	28 g	56 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Prep

Cut **sweet potatoes** into ½-inch pieces. Whisk together **vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **cranberries**, then season with **salt** and **pepper** and set aside. Add **half the maple syrup** and **half the mustard** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Grill sweet potatoes

Place pouch with **sweet potatoes** on one side of grill, close lid and grill until tender, 22-26 min.



## Prep sweet potatoes

Add **sweet potatoes**, **onions**, **1 tbsp oil** and **2 tbsp water** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to combine. Layer two 24x12-inch pieces of foil. Arrange **sweet potato mixture** on one side of foil, then top with **thyme sprigs**. Fold foil in half over **sweet potato mixture** and pinch to seal pouch. (**NOTE:** Make 2 pouches for 4 ppl, using 2 sheets of foil per pouch.)



## Grill chicken

Add **chicken** to other side of grill, close lid and grill until **chicken** is cooked through, flipping once, 6-8 min per side.\*\*



## Marinate chicken

Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Add **chicken**, **remaining maple syrup** and **remaining mustard** to another medium bowl, then toss to coat.



## Finish and serve

Add **seed blend** and **spring mix** to the large bowl with **dressing** and **cranberries**. Toss to combine. Carefully open foil pouch and discard **thyme sprigs**. Thinly slice **chicken**. Divide **chicken**, **sweet potatoes** and **salad** between plates. Drizzle **maple-mustard mixture** (from the small bowl) over **chicken**.

## Dinner Solved!