



# MUSTARD-BREADED CHICKEN THIGHS

with Brussels Sprouts and Sweet Potatoes



**HELLO**  
**MICROWAVED SWEET POTATOES**  
 Fluffy, tender goodness in just 10 minutes

**PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 850**



Chicken Thighs



Flour  
(Contains: Wheat)



Dried Thyme



Dijon Mustard



Brussels Sprouts



Panko Breadcrumbs  
(Contains: Wheat)



Sour Cream  
(Contains: Milk)



Sweet Potatoes

## START STRONG

If you don't have a microwave, you can put the sweet potatoes in the oven. Cut them into wedges, toss on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper, and bake until tender, 25-30 minutes.

## BUST OUT

- Medium bowl
- 2 Baking sheets
- 3 Plates
- Paper towels
- Olive oil (5 tsp)

## INGREDIENTS

Ingredient 4-person

- |                     |        |
|---------------------|--------|
| • Brussels Sprouts  | 16 oz  |
| • Flour             | 1 Cup  |
| • Sour Cream        | 6 TBSP |
| • Dijon Mustard     | 2 TBSP |
| • Panko Breadcrumbs | 1 Cup  |
| • Dried Thyme       | 2 tsp  |
| • Chicken Thighs    | 24 oz  |
| • Sweet Potatoes    | 4      |

Share your #HelloFreshPics with us!  
(800) 733-2414 HelloFresh.com  
hello@hellofresh.com



## 1 PREP AND ROAST BRUSSELS SPROUTS

**Wash and dry all produce.** Preheat oven to 425 degrees. Trim and halve **Brussels sprouts** lengthwise. Toss with 4 tsp **olive oil**, **salt**, and **pepper** in a medium bowl. Place on a baking sheet cut-side down. Roast in oven until browned and crispy, about 25 minutes.



## 4 BAKE CHICKEN

Transfer **breaded chicken** to a lightly-oiled baking sheet. (**TIP:** Line sheet with parchment to reduce sticking and for easy cleanup.) Bake in oven until chicken is cooked through and crumbs are a light gold color, 15-20 minutes. Increase temperature to 450 degrees or place sheet under broiler. Continue baking (or broiling) until **panko** are golden brown, about 5 minutes.



## 2 PREP BREADING STATION

Arrange 3 plates in a row. Spread **flour** on first plate. On the second, gently mix together half the **sour cream**, **2 TBSP water**, and **2 TBSP Dijon mustard** (we sent more). On the last plate, mix together and spread out **panko**, **thyme**, and a pinch of **salt** and **pepper**.



KIDS CAN HELP!



## 5 MICROWAVE POTATOES

While **chicken** bakes, poke **sweet potatoes** all over with a fork. Wrap each in a damp paper towel. Microwave on high for 10 minutes. Remove from microwave and place on baking sheet with chicken until meal is ready.



## 3 BREAD CHICKEN

Pat **chicken thighs** dry with a paper towel. Season all over with **salt** and **pepper**. Working one at a time, toss in **flour**, coating all over. Shake off any excess. Dip in **mustard mixture** and coat evenly, letting excess drip off. Transfer to dish with **panko**, turning to cover all over in crumbs. Pat gently to adhere.



KIDS CAN HELP!



## 6 FINISH AND PLATE

Cut an X in each **sweet potato** and dollop with remaining **sour cream**. Plate with **Brussels sprouts** and **chicken**.

## EASY PEASY!

You just breaded chicken like a pro.