



CHICKEN GONE NUTS

with a Walnut Crust, Glazed Carrots, and Roasted Broccoli



HELLO

WALNUT CRUST

The omega-3-packing nuts bring richness and crunch

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 570



Walnuts
(Contains: Tree Nuts)



Italian Seasoning



Dijon Mustard



Baby Carrots



Panko Breadcrumbs
(Contains: Wheat)



Chicken Breasts



Broccoli Florets



Lemon

START STRONG

Keep an eye on the carrots as they cook. If the pan starts to dry out before they're done, add a few splashes of water to keep things simmering.

BUST OUT

- Small bowl
- Paper towel
- Baking sheet
- Olive oil (1 TBSP | 5 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (1½ TBSP | 3 TBSP)
(Contains: Milk)
- Medium pot

INGREDIENTS

Ingredient 2-person | 4-person

- Lemon 1 | 1
- Walnuts 1 oz | 2 oz
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Italian Seasoning 1 TBSP | 2 TBSP
- Chicken Breasts 12 oz | 24 oz
- Dijon Mustard 1 TBSP | 2 TBSP
- Broccoli Florets 8 oz | 16 oz
- Baby Carrots 8 oz | 16 oz

HELLO WINE

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1 PREP

Wash and dry all produce. Preheat oven to 425 degrees. Halve **lemon**, cutting one half into wedges. Finely chop **walnuts**. Combine **walnuts, panko**, and half the **Italian seasoning** in a small bowl. Season with **salt** and **pepper**.



4 COOK CARROTS

Cut **carrots** into bite-sized pieces, then place in a medium pot with **1½ TBSP butter, 1 tsp sugar**, and enough water to reach halfway up carrots. Season with **salt** and **pepper**. Bring to a boil, then lower heat and simmer until carrots are just tender and liquid has reduced to a sticky glaze, 10-15 minutes. Remove from heat and add a squeeze of **lemon** (to taste). Toss carrots to coat.



2 CRUST CHICKEN

Pat **chicken** dry with a paper towel. Place on a lightly oiled baking sheet. Brush **mustard** over tops of **chicken breasts**. Press **panko mixture** into mustard to adhere. Arrange **chicken** toward one side of sheet.



5 BROIL CHICKEN AND BROCCOLI

Heat broiler to high or increase oven temperature to 500 degrees. Broil (or bake) **chicken** and **broccoli** until crust is golden brown and broccoli is lightly charred, 2-3 minutes. **TIP:** Keep an eye on the chicken to make sure it doesn't burn.



3 ROAST CHICKEN AND BROCCOLI

On empty side of same baking sheet, toss **broccoli** with a large drizzle of **olive oil** and remaining **Italian seasoning**. Roast in oven until chicken is no longer pink in center and broccoli is starting to crisp, about 20 minutes.



6 PLATE AND SERVE

Divide **chicken, broccoli**, and **carrots** between plates and drizzle with any remaining glaze from pan. Serve with **lemon wedges** on the side for squeezing over.

SPLENDID!

Glazed carrots are one sweet veggie treat.

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