



Carb Smart Peanut-Crusted Chicken

with Hoisin and Stir-Fried Veggies

Carb Smart

30 Minutes



Chicken Breasts



Peanuts, chopped



Hoisin Sauce



Green Onions



Sweet Bell Pepper



Carrot



Panko Breadcrumbs



Soy Sauce



Green Beans



Mayonnaise

HELLO HOISIN SAUCE

A sweet and savoury sauce that adds an extra boost of flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, plastic wrap, rolling pin, shallow dish, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Peanuts, chopped	28 g	56 g
Hoisin Sauce	¼ cup	½ cup
Green Onions	2	4
Sweet Bell Pepper	160 g	320 g
Carrot	170 g	340 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Mayonnaise	2 tbsp	4 tbsp
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 the website or app for the as-prepared recipe nutritional 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

Trim, then halve **green beans**. Peel, then cut **carrot** into ¼-inch rounds. Core, then cut **pepper** into ¼-inch slices. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Finely chop **peanuts**.



Coat chicken

Pat **chicken** dry with paper towels, then season all over with **salt** and **pepper**. Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. Combine **peanuts** and **panko** in a shallow dish. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **peanut-panko mixture** to coat completely.



Bake chicken

Transfer **chicken** to a parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Bake in the **middle** of the oven, flipping halfway through cooking until cooked through, 16-18 min.**



Stir-fry veggies

While **chicken** bakes, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **carrots**. Cook, stirring often, until slightly softened, 2-3 min. Add **green beans** and **peppers**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.



Finish stir-fried veggies

Remove the pan from heat. Add **soy sauce** and **half the green onions** to **veggies**. Toss to coat.



Finish and serve

Divide **stir-fried veggies** between plates. Top with **chicken**. Drizzle **hoisin sauce** over top, then sprinkle with **remaining green onions**.

Dinner Solved!