



Crispy Sweet Dijon Chicken

with Wild Rice and Glazed Veggies

Quick

25 Minutes



Chicken Breasts



Chicken Thighs



Panko Breadcrumbs



Chicken Salt



Carrot



Brown Sugar



Dijon Mustard



Green Peas



Wild Rice Medley

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

- Before starting, preheat the oven to 450°F.
- Add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, 2 small bowls, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------|----------|----------|
| Chicken Breasts * | 2 | 4 |
| Chicken Thighs * | 310 g | 620 g |
| Panko Breadcrumbs | ¼ cup | ½ cup |
| Chicken Salt | 1 tbsp | 2 tbsp |
| Carrot | 170 g | 340 g |
| Brown Sugar | 1 tbsp | 2 tbsp |
| Dijon Mustard | 1 ½ tsp | 3 tsp |
| Green Peas | 56 g | 113 g |
| Wild Rice Medley | ½ cup | 1 cup |
| Unsalted Butter* | 3 tbsp | 6 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook rice

- Stir **1 tbsp** (2 tbsp) **butter** and **rice** into the pot of **boiling water**.
- Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.



Prep and toast topping

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **panko**. Toast, stirring often, until golden, 1 min. Transfer **panko** to a small bowl.
- Carefully wipe the pan clean.
- Line a baking sheet with parchment paper.
- Stir together **brown sugar** and **Dijon** in another small bowl. Set aside.



Prep and cook chicken

- Pat **chicken** dry with paper towels, then season with **half the chicken salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE:** It's okay if it doesn't cook all the way through in this step.)
- Remove the pan from heat. Transfer **chicken** to the prepared baking sheet.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Finish chicken

- Spread **half the Dijon mixture** on **top of chicken**.
- Top with **panko**.
- Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min. **



Prep and cook carrots

- Meanwhile, peel, then cut **carrot** into ¼-inch half-moons.
- Reduce heat to medium.
- Add **carrots** and **¼ cup** (½ cup) **water** to the same pan (from step 3). Cover and cook, stirring occasionally, until **carrots** soften, 2-3 min.
- Add **peas**. Cook uncovered, stirring occasionally, until **veggies** are tender, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **remaining Dijon mixture**. Cook, stirring often, until **glaze** coats **veggies**, 1 min. Season with **salt** and **pepper**, to taste.



Finish and serve

- Fluff **rice** with a fork, then season with **remaining chicken salt** and **pepper**.
- Divide **rice**, **chicken** and **veggies** between plates.

Dinner Solved!