



# Grilled Maple-Mustard Chicken

with BBQ-Spiced Potato Wedges and Green Beans

Grill

30 Minutes



Chicken Thighs/Leg



Maple Syrup



Whole Grain Mustard



Garlic



Russet Potato



BBQ Seasoning



Lemon



Green Beans



Soy Sauce

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

## Start here

- Before starting, wash and dry all produce.
- Preheat the oven to 450°F.
- Lightly oil the grill.
- While you prep, preheat grill to 500°F over medium-high heat.

## Bust out

Baking sheet, medium non-stick pan, measuring spoons, zester, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	260 g***	520 g***
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic	6 g	12 g
Russet Potato	460 g	920 g
BBQ Seasoning	1 tbsp	2 tbsp
Lemon	1	1
Green Beans	340 g	680 g
Soy Sauce	1 ½ tsp	3 tsp
Unsalted Butter*	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.

\*\*\* Minimum weight on chicken

♦ 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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## Roast potato wedges

Cut **potatoes** into ½-inch thick wedges. Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. Sprinkle **BBQ Seasoning** over top, then season with **salt** and **pepper**. Toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)



## Cook beans

Heat a large non-stick pan over medium-high heat. Add **green beans** and **¼ cup water** (dbl for 4 ppl). Season with **salt**. Cook, stirring, until all the **water** evaporates, 5-6 min. Add **1 tbsp butter** (dbl for 4 ppl), then stir to melt. Add **half the garlic** and cook, stirring, until **beans** are tender-crisp, 2-3 min. Remove from heat, then add **lemon zest**. Squeeze a **wedge of lemon** over top, then toss to combine.



## Prep

While the **potatoes** are roasting, trim **green beans**. Peel, then mince or grate **garlic**. Zest **lemon**, then cut **half the lemon** into wedges (use whole lemon for 4 ppl).



## Make glaze

While the **green beans** cook, heat a medium non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl to melt. Add **remaining garlic** and cook until fragrant, 30 sec. Add **mustard, maple syrup** and **soy sauce**. Cook, stirring, until **sauce** slightly thickens, 1-2 min.



## Grill chicken

Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Drizzle with **½ tbsp oil**, then turn to coat. Add **chicken** to grill, close lid and grill until cooked, flipping halfway through, 5-6 min per side.\*\* Transfer to a plate and keep warm.



## Finish and serve

Add **chicken** to the pan with **glaze**, then turn to coat. Divide **chicken, potato wedges** and **beans** between plates. Drizzle any **remaining glaze** over **chicken**.

## Dinner Solved!