



Lemon Chicken and Goat Cheese

with Crisp Pear, Arugula Spinach and Citrus Vinaigrette

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Goat Cheese



Bartlett Pear



Arugula and Spinach Mix



Yellow Potato



Lemon



Whole Grain Mustard



Walnuts, chopped

HELLO WALNUTS

These nuts are delicious, nutritious and versatile!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Medium bowl, zester, whisk, paper towels, baking sheet, measuring spoons, large non-stick pan

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Goat Cheese	28 g	56 g
Bartlett Pear	150 g	300 g
Arugula and Spinach Mix	113 g	227 g
Yellow Potato	300 g	600 g
Lemon	1	1
Whole Grain Mustard	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Sugar*	1.5 tsp	3 tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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1



Roast potatoes

Cut **potatoes** into 1-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 22-24 min.

2



Prep

While **potatoes** roast, halve, core, then thinly slice **pear(s)**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Pat **chicken** dry with paper towels, then sprinkle over **lemon zest**. Season with **salt** and **pepper**.

3



Toast walnuts

Heat a large non-stick pan over medium heat. When hot, add **walnuts** to dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.

4



Cook chicken

Add **1 tbsp oil** (dbl for 4 ppl), then **chicken** to the same pan. Cook on one side, until bottom is golden, 6-7 min. Flip **chicken** over, then cover and cook, until golden-brown and cooked through, 6-7 min.**

5



Assemble salad

While **chicken** cooks, whisk together **mustard**, **1 ½ tbsp lemon juice**, **1 ½ tsp sugar** (dbl both for 4 ppl) and **3 tbsp oil** (4 tbsp for 4 ppl) in a medium bowl. Season with **salt** and **pepper**. Add **roasted potatoes** and **pears**. Toss together.

6



Finish and serve

Slice **chicken**. Divide **arugula** between plates, top with **potatoes**, **pears** and **chicken**. Drizzle over any **remaining dressing** from bowl. Sprinkle over **toasted walnuts** and crumble over **goat cheese**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!