



# Maple-Balsamic Chicken

## with Cranberry Brussels Sprouts and Mashed Potatoes

30 Minutes

↗ Customized Protein **+** Add **↻** Swap or **\*2** Double

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<b>↻ Swap</b> 	<b>↻ Swap</b> 
Chicken Breast* 2   4	Tofu 1   2

Chicken Thighs* 280 g   560 g	Russet Potato 2   4

Brussels Sprouts 170 g   340 g	Dried Cranberries ¼ cup   ½ cup

Maple Syrup 2 tbsp   4 tbsp	Balsamic Vinegar 1 tbsp   2 tbsp

Chicken Broth Concentrate 1   2	Garlic Salt 1 tsp   2 tsp

**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.*

Pantry items | Butter, oil, pepper

Cooking utensils | Baking sheet, medium non-stick pan, measuring spoons, potato masher, parchment paper, small bowl, measuring cups, large pot, paper towels

1



## Cook potatoes

- Before starting, preheat the oven to 450 °F.
- Add 1 ½ cups (3 cups) water to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **1 tsp salt** and **enough water to cover** (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.

2



## Cook chicken

Swap | Chicken Breasts

Swap | Tofu

- Meanwhile, pat **chicken** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- Heat a medium non-stick pan (large for 4 ppl) over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook until golden, 1-2 min per side.
- Transfer to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.\*\*

3



## Finish prep

- While **chicken** cooks, add **maple syrup**, **balsamic vinegar** and **half the broth concentrate** to a small bowl. Stir to mix.
- Halve **Brussels sprouts** (if larger, quarter them).

4



## Cook Brussels sprouts

- Reheat the same pan (from step 2) over medium.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **butter** and **Brussels sprouts**. Cook, stirring often, until **butter** is melted, 1-2 min.
- Reduce heat to medium-low. Add **half of the maple syrup mixture** and ½ **cup** (½ **cup**) **water**. Stir to coat.
- Cover and cook, stirring occasionally, until most of the liquid has evaporated and **veggies** are tender, 6-8 mins.
- Stir in **cranberries**.

5



## Finish and serve

Swap | Tofu

- Drain and return **potatoes** to the same pot, off heat. Mash **remaining broth concentrate** and **1 tbsp** (2 **tbsp**) **butter** into **potatoes** until creamy. Season with **remaining garlic salt** and **pepper**.
- Thinly slice **chicken**.
- Divide **mash**, **chicken** and **Brussels sprouts** between plates.
- Spoon **remaining maple-balsamic sauce** over **chicken**.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 2 | Cook chicken breasts

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the bake time to 12-14-min.\*\*

## 2 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE**: You will have two square tofu steaks per block.) Season **tofu** in the same way the recipe instructs you to season the **chicken**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying.

## 5 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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



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