



# Maple Grilled Chicken Breast

## with Sweet Potatoes and Cranberry Side Salad

**FAMILY** 35 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
- Sweet Potato
- Maple Syrup
- Whole Grain Mustard
- Thyme
- Red Onion, chopped
- Red Wine Vinegar
- Spring Mix
- Dried Cranberries
- Seed Blend

**HELLO MAPLE SYRUP**

*Is there anything more Canadian than maple syrup?*

## START HERE

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

### Bust Out

2 Medium Bowls, Measuring Spoons, Aluminum Foil, Large Bowl, Small Bowl, Whisk, Paper Towels

### Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Sweet Potato	340 g	680 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Thyme	7 g	7 g
Red Onion, chopped	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Dried Cranberries	28 g	56 g
Seed Blend	28 g	56 g
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. PREP

Cut **sweet potatoes** into ½-inch pieces. Whisk together **vinegar** and **1 tbsp oil** (dbl for 4ppl) in a large bowl. Add the **cranberries**, then season with **salt** and **pepper** and set aside. Stir together **maple syrup** and **mustard** in a small bowl.



### 4. GRILL SWEET POTATOES

Place pouch with **sweet potatoes** on one side of grill, close lid and grill until tender, 22-26 min.



### 2. PREP SWEET POTATOES

Toss **sweet potatoes** and **onions** with **1 tbsp oil** and **2 tbsp water** (dbl both for 4ppl) in a medium bowl. Season with **salt** and **pepper**. Layer two 24x12-inch pieces of foil. Arrange **sweet potato mixture** on one side of foil then top with **thyme sprigs**. Fold foil in half over **potato mixture** and pinch to seal pouch. (**NOTE:** Make 2 pouches for 4ppl, using 2 sheets of foil per pouch).



### 5. GRILL CHICKEN

Add **chicken** to other side of grill, close lid and grill until **chicken** is cooked through, flipping once, 6-8 min per side.\*\*



### 3. MARINATE CHICKEN

Add **half the maple-mustard mixture** to another medium bowl. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Add **chicken** to the medium bowl with **maple-mustard mixture** and toss to coat. Set aside.



### 6. FINISH & SERVE

Add **seed blend** and **spring mix** to the large bowl with **dressing** and **cranberries**. Toss to combine. Carefully open foil pouch and discard **thyme sprigs**. Thinly slice **chicken**. Divide **chicken**, **sweet potatoes** and **salad** between plates. Drizzle **remaining maple-mustard mixture** (in the small bowl) over **chicken**.

## Dinner Solved!