



Maple-Mustard Glazed Chicken

with BBQ-Spiced Wedges and Green Beans

Discovery

30 Minutes



Chicken Thighs



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

Bust out

2 baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels, zester

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
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	1½ tsp	3 tsp
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 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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Prep

Trim, then halve **green beans**. Cut **potatoes** into ½-inch wedges. Peel, then mince or grate **garlic**. Zest, then cut **lemon** into wedges.



Cook green beans

While **chicken** bakes, heat the same pan over medium-high. Add **green beans** and ⅓ **cup water** (dbl for 4 ppl). Season with **salt**. Cook, stirring occasionally, until **water** evaporates, 5-6 min. Add **2 tbsp butter** (dbl for 4 ppl) and **half the garlic**. Cook, stirring often, until **green beans** are tender-crisp, 1-2 min. Remove pan from heat, then add **lemon zest**. Squeeze a **lemon wedge** over top, then toss to combine. Transfer **green beans** to a plate and cover to keep warm. Carefully wipe pan clean.



Roast potato 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.)



Glaze chicken

Heat the same pan over medium. 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, soy sauce** and **1 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Add **chicken**, then turn to coat.



Cook chicken

While **potato wedges** roast, heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When the pan is hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to another parchment-lined baking sheet. Bake in the bottom of the oven until cooked through, 6-8 min.** Carefully wipe pan clean.



Finish and serve

Divide **chicken, potato wedges** and **green beans** between plates. Spoon any **remaining sauce** from the pan over **chicken**. Serve **lemon wedges** alongside.

Dinner Solved!