



# Maple-Mustard Roasted Chicken

With Herbed Wild Rice and Buttery Veg Trio

Special

45 Minutes



Spatchcock Chicken



Wild Rice Medley



Carrot



Snow Peas



Radish



Parsley



Maple Syrup



Whole Grain Mustard



Chicken Broth Concentrate



Garlic Salt

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

Baking sheet, vegetable peeler, medium non-stick pan, measuring spoons, silicone brush, medium pot, parchment paper, small bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Spatchcock Chicken ♦	550 g	1100 g
Wild Rice Medley	½ cup	1 cup
Carrot	170 g	340 g
Snow Peas	113 g	227 g
Radish	3	6
Parsley	7 g	14 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Chicken Broth Concentrate	2	4
Garlic Salt	1 tsp	2 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.

♦ 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 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.*

## Contact

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## Cook chicken

- Pat **chicken** dry with paper towels, then arrange on a parchment-lined baking sheet.
- Brush skin side with ½ **tbsp oil** (dbl for 4 ppl), then season all over with **half the garlic salt** and **pepper**.
- Roast in the **bottom** of the oven until lightly golden, 25 min (35 min for 4 ppl).  
(NOTE: It's okay if chicken doesn't cook all the way through at this step.)



## Finish chicken

- Once **chicken** has been roasting for 25 min (35 min for 4 ppl), remove from the oven. Carefully brush **maple-mustard mixture** over **chicken**.
- Return **chicken** to the **bottom** of the oven. Roast until golden-brown and cooked through, 10-12 min (12-15 min for 4 ppl).\*\*
- Transfer **chicken** to a clean cutting board to rest for 2-3 min.



## Cook rice

- Meanwhile, add **wild rice medley**, **half the broth concentrate**, **remaining garlic salt**, **1 tbsp butter** and **1 cup water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 24-26 min.
- Remove the pot from heat. Set aside, still covered.



## Cook veggies

- Meanwhile, heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- When hot, add **carrots**, **radishes**, **remaining maple syrup**, **remaining broth concentrate** and ½ **cup water** (½ cup for 4 ppl). Cook, stirring occasionally, until **most of the liquid** has evaporated and **veggies** begin to soften, 4-5 min.
- Add **1 tbsp butter** (dbl for 4 ppl) and **snow peas**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.



## Prep

- Meanwhile, peel, then slice **carrot** into ¼ -inch rounds.
- Cut **radishes** into ½-inch wedges.
- Trim **snow peas**.
- Finely chop **parsley**.
- Combine **mustard** and **half the maple syrup** in a small bowl.



## Finish and serve

- Fluff **rice** with fork, season with **pepper** and stir in **half the parsley**.
- Carve **chicken**.
- Divide **chicken**, **rice** and **veggies** between plates.
- Sprinkle **remaining parsley** over **chicken**.

## Dinner Solved!