

# Maple-Mustard Roasted Chicken

With Herbed Wild Rice and Buttery Veg Trio

Special

45 Minutes

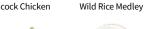








Spatchcock Chicken







Snow Peas

Carrot



Radish







Maple Syrup



Chicken Broth Concentrate



Garlic Salt

Whole Grain Mustard

# 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

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	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  $74^{\circ}$ C/ $165^{\circ}$ 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.)



#### 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.



#### Prep

- Meanwhile, peel, then slice carrot into
  1/4 -inch rounds.
- Cut radishes into 1/2-inch wedges.
- Trim snow peas.
- Finely chop parsley.
- Combine **mustard** and **half the maple syrup** in a small bowl.



#### 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 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 tendercrisp, 1-2 min.



## 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!**