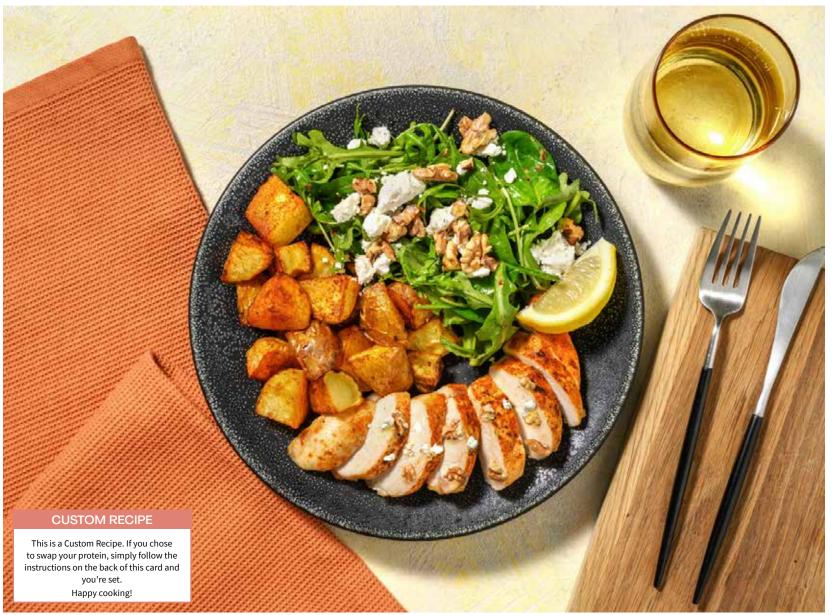


Roasted Chicken and Goat Cheese

with Spiced Potatoes and Side Salad

Quick

25 Minutes





Chicken Breasts





Yellow Potato



Arugula and Spinach







Whole Grain Mustard



Walnuts, chopped



Montreal Steak Spice

HELLO WALNUTS

Start here

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

Bust out

2 Baking sheets, measuring spoons, zester, large bowl, whisk, paper towels, large non-stick pan

Ingredients

| ingi calcine | | |
|-------------------------|----------|----------|
| | 2 Person | 4 Person |
| Chicken Breasts * | 2 | 4 |
| Chicken Thighs • | 280 g | 560 g |
| Yellow Potato | 360 g | 720 g |
| Arugula and Spinach Mix | 56 g | 113 g |
| Lemon | 1 | 1 |
| Goat Cheese | 28 g | 56 g |
| Whole Grain Mustard | 1 tbsp | 2 tbsp |
| Walnuts, chopped | 28 g | 56 g |
| Montreal Steak Spice | 1 tbsp | 2 tbsp |
| Sugar* | ½ tsp | 1 tsp |
| 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

Call or email us | (855) 272-7002 HelloFresh.ca





Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add potatoes, half the Montreal Steak Spice and 1 tbsp oil (dbl for 4 ppl) to an unlined baking sheet. Season with salt, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown and tender, 22-24 min.



Cook chicken

- Meanwhile, pat chicken dry with paper towels. Season with salt and remaining Montreal Steak Spice.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp oil (dbl for 4 ppl), then chicken. Sear until golden-brown, 1-2 min per side.
- Transfer chicken to another unlined baking sheet. Roast in the top of the oven until cooked through, 12-14 min.**
- Carefully wipe the pan clean.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Prep

- Meanwhile, zest, then juice **half the lemon** (same for 4 ppl). Cut **remaining lemon** into wedges.
- Place **goat cheese package** in the freezer for 5 min, then crumble **goat cheese** onto a plate. Place in the fridge until ready to serve.



Toast walnuts

- Reheat the same pan (from step 2) over medium.
- When hot, add **walnuts** to dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on walnuts so they don't burn!)
- · Transfer to a plate.



Assemble salad

- Add mustard, lemon zest, ½ tbsp lemon juice, ½ tsp sugar and 1 tbsp oil (dbl all for 4 ppl) to a large bowl. Season with salt and pepper, then whisk to combine.
- Add arugula and spinach mix, then toss to coat.



Finish and serve

- Thinly slice chicken.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Sprinkle **goat cheese** and **walnuts** over **salad** and **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

