



INGREDIENTS

2 PERSON | 4 PERSON



½ oz | 1 oz
Pecans

Contains: Tree Nuts



¼ Cup | ½ Cup
Panko
Breadcrumbs

Contains: Wheat



1 TBSP | 2 TBSP
Fry Seasoning



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise

Contains: Eggs



10 oz | 20 oz
Chicken Cutlets



1 | 2
Apple



1 | 1
Lemon



2 oz | 4 oz
Mixed Greens

HELLO

DIETITIAN WIN

We're celebrating Nutrition Month with mmm-worthy meals hand-picked by our dietitians.

PECAN-CRUSTED CHICKEN

with Honey Mustard Sauce & Lemony Apple Salad

HALL OF FAME



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 610



HELLO FRESH

THIS IS CITR-US

When making your salad in step 5, squeeze the lemon directly over the apple slices and give 'em a good toss. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.

BUST OUT

- Medium bowl
- Small bowl
- Paper towels
- Baking sheet
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk

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1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry produce.**
- Finely chop **pecans** (or **crush in their bag with a heavy pan or rolling pin**).



2 MAKE CRUST

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds.
- Let cool slightly, then stir in **chopped pecans, panko, half the Fry Seasoning** (you'll use the rest later), a **drizzle of olive oil**, and a **pinch of salt and pepper**.



3 MAKE SAUCE

- In a small bowl, combine **honey, mustard, and mayonnaise**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season with **remaining Fry Seasoning, salt, and pepper**. Place on a **lightly oiled** baking sheet.
- Evenly spread tops of chicken with a **thin layer of honey mustard sauce** (save the rest for serving). Mound with **pecan mixture**, pressing firmly to adhere (no need to coat the undersides).
- Roast on middle rack until crust is golden brown and chicken is cooked through, 15-20 minutes.



5 MAKE SALAD

- Meanwhile, halve, core, and thinly slice **apple**. Quarter **lemon**.
- In a large bowl, toss **mixed greens** and apple with a **large drizzle of olive oil** and as much **lemon juice** as you like. Season with **salt and pepper**.



6 SERVE

- Divide **chicken** and **salad** between plates. Drizzle chicken with **remaining honey mustard sauce**. Serve with any **remaining lemon wedges** on the side.