



# Crispy Pretzel-Crusted Chicken Breast

WITH CHERRY MOSTARDA AND BROCCOLI

Express Plus



**Prep & Cook Time**

20-30 MIN

**Cook Within**

4 DAYS

**You Will Need**

Olive Oil, Salt, Pepper  
Medium Non-Stick Pan,  
Mixing Bowl, Large Non-Stick  
Pan

**Ingredients**

- 3/4 oz. Dijon Mustard
- 1 oz. Shredded White Cheddar Cheese
- 1/2 oz. Crispy Fried Onions
- .7 oz. Sour Cherry Jam
- 2 Green Onions
- 1/4 cup Pretzel Crumble
- 6 fl. oz. Canola Oil
- 12 oz. Boneless Skinless Chicken Breasts
- 1/4 cup Panko Breadcrumbs
- 12 oz. Broccoli Florets

**Difficulty Level**

INTERMEDIATE

**Spice Level**

NOT SPICY

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/23668](http://www.homechef.com/23668)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-size pieces, if necessary.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Combine **mustard**, **cherry jam**, and 1½ tsp. **water** in a mixing bowl. Set aside.
- Combine **pretzel crumble**, **panko**, and a pinch of **salt** on a plate.



### 2. Prepare the Chicken

- Place a medium non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, pat **chicken** dry.
- Transfer chicken to plate with **pretzel-panko mixture** and flip until coated on both sides, pressing gently to adhere.



### 3. Fry the Chicken

- Line a plate with a paper towel. Test **oil** temperature by adding a pinch of **pretzel-panko mixture** to it. It should sizzle gently. *If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.*
- Lay **chicken** away from you in hot oil and flip every 3-5 minutes until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-14 minutes.
- Remove from burner. Transfer chicken to towel-lined plate. Season with a pinch of **salt**. Rest, 5 minutes.
- While chicken fries, continue recipe.



### 4. Cook Broccoli and Finish Dish

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **broccoli**, **white portions of green onions**, ¼ tsp. **salt**, a pinch of **pepper**, and ½ cup **water** to hot pan. Cover and cook until water is almost completely evaporated, 5-6 minutes.
- Uncover and stir occasionally until tender, 2-3 minutes.
- Remove from burner. Top with **cheese** and let melt, 1-2 minutes.
- Plate dish as pictured on front of card, slicing **chicken**, if desired, and topping with **cherry mostarda**. Garnish broccoli with **crispy onions** and **green portions of green onions**. Bon appétit!