



CHEDDAR-CRUSTED CHICKEN

with Buttery Mashed Sweet Potatoes and Roasted Broccoli



HELLO

PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 730**



Sweet Potatoes



Cheddar Cheese
(Contains: Milk)



Chicken Breasts



Broccoli Florets



Panko Breadcrumbs
(Contains: Wheat)



Fry Seasoning



Sour Cream
(Contains: Milk)

START STRONG

In step 4, we instruct you to brush your chicken with sour cream. Not only is this an awesome breadcrumb binder—it's tasty too! We prefer to use a basting brush for the job, but if you don't have one, simply use the back of your spoon.

BUST OUT

- Peeler
- 2 Baking sheets
- Medium pot
- Potato masher
- Strainer
- Kosher salt
- Small bowl
- Black pepper
- Paper towels
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes **2 | 4**
- Panko Breadcrumbs **¼ Cup | ½ Cup**
- Cheddar Cheese **½ Cup | 1 Cup**
- Fry Seasoning **1 TBSP | 2 TBSP**
- Chicken Breasts* **12 oz | 24 oz**
- Sour Cream **4 TBSP | 8 TBSP**
- Broccoli Florets **8 oz | 16 oz**

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

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1 PREP

Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and dice **sweet potatoes** into ½-inch pieces.



4 ROAST CHICKEN AND BROCCOLI

Transfer **chicken** to a baking sheet; brush with half the **sour cream** (you'll use the rest later) and evenly top with **panko mixture**, pressing to adhere. Toss **broccoli** on a second baking sheet with a drizzle of **olive oil, salt, and pepper**. Place chicken on middle rack and broccoli on top rack. Roast until chicken is cooked through and broccoli is browned and tender, 15-20 minutes. **TIP:** Broccoli may finish before chicken. If so, remove from oven and continue roasting chicken.

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2 COOK SWEET POTATOES

Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, about 15 minutes. Drain and return to pot. Keep covered until ready to mash.



5 MASH SWEET POTATOES

Meanwhile, mash **sweet potatoes** with **2 TBSP butter** (4 TBSP butter for 4 servings), remaining **sour cream**, and a large pinch of **salt**. Keep covered until ready to serve. **TIP:** If you like your sweet potatoes extra sweet, add a pinch of brown sugar or a drizzle of honey while mashing.



3 MAKE CRUST AND SEASON CHICKEN

Meanwhile, in a small bowl, combine **panko, cheese**, half the **Fry Seasoning**, a drizzle of **olive oil, salt, and pepper**. Pat **chicken** dry with paper towels and season all over with **salt, pepper**, and remaining **Fry Seasoning**.



6 SERVE

Divide **sweet potatoes, broccoli, and chicken** between plates. Serve.

MAD CHEDDAR

Fan of the chicken's crunchy, cheesy crust? Try making it again but with pork chops.

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