



CRISPY MAPLE CHICKEN

with Mashed Sweet Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



2 TBSP | 4 TBSP

Maple Syrup



1 tsp | 1 tsp

Chili Flakes



1 TBSP | 2 TBSP

Fry Seasoning



1½ TBSP | 3 TBSP

Sour Cream
Contains: Milk



6 oz | 12 oz

Green Beans



10 oz | 20 oz

Chicken Cutlets



½ Cup(s) | 1 Cup(s)

Panko
Breadcrumbs
Contains: Wheat

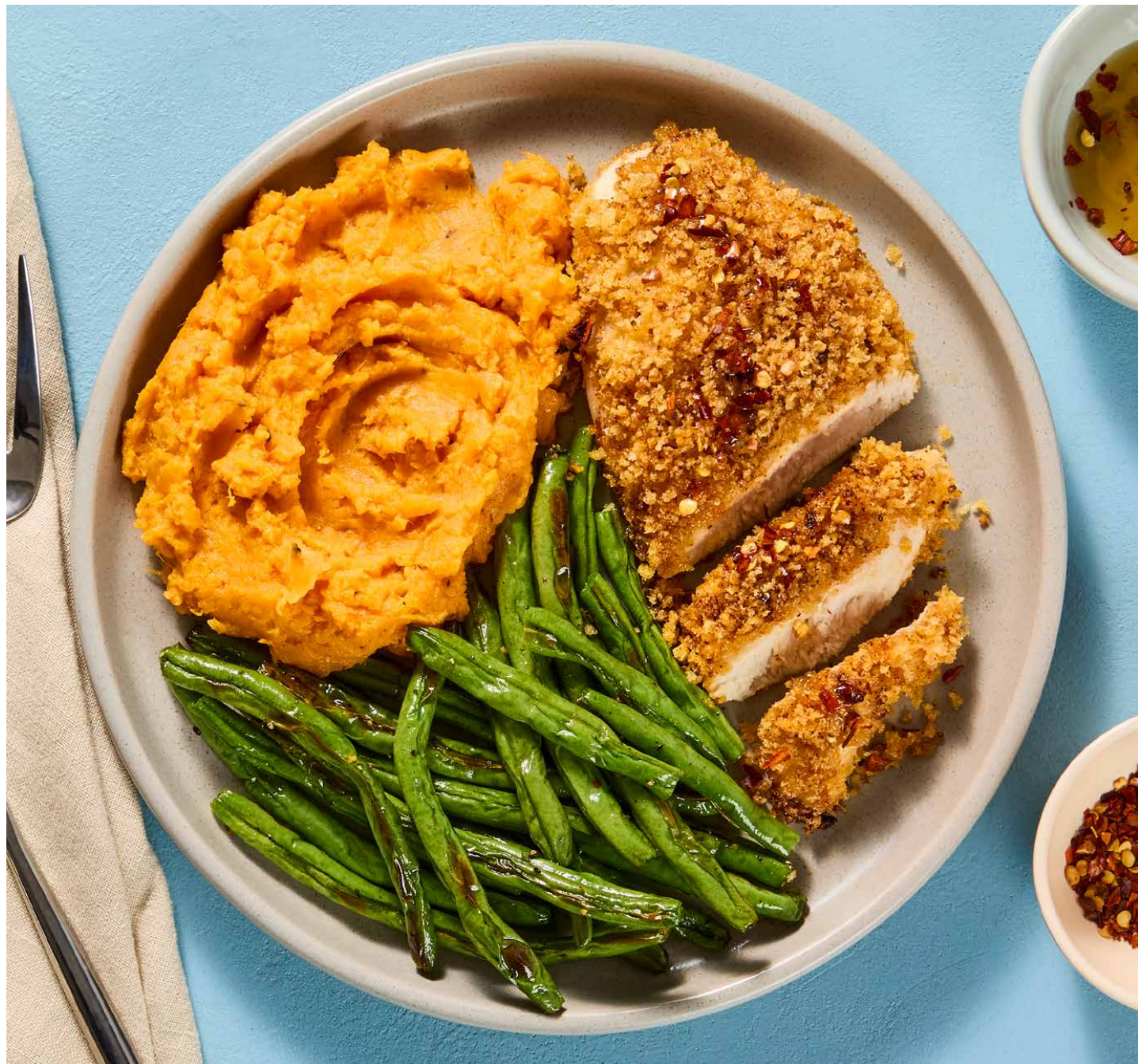


Customizable Meal

If you chose to personalize your meal by swapping, adding, or doubling an ingredient, refer to the separate **HelloCustom** card for all the info you'll need! You can also scan here for **HelloCustom** instructions.



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PREP: 10 MIN | COOK: 35 MIN | CALORIES: 720



HELLO

SPICY MAPLE SYRUP

Chili flakes add a touch of heat and depth to this classic breakfast condiment.

GOLD (B)RUSH

In Step 4, we instruct you to spread the tops of your chicken with sour cream. We prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

BUST OUT

- Peeler
- 2 Small bowls
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Baking sheet
- Medium bowl
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil
- Butter
- Contains: Milk

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP & MIX MAPLE SYRUP

- Adjust rack to middle position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces.
- Reserve **1 tsp maple syrup (2 tsp for 4)** for sweet potatoes; pour remaining into a small bowl. Stir in a **pinch of salt** and **chili flakes** to taste. Set aside.



4 COAT & ROAST CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**.
- **Lightly oil** a baking sheet and place chicken on one side. (**For 4 servings, spread chicken out across entire sheet.**) Evenly spread **remaining sour cream** onto tops of chicken; mound with **panko mixture**, pressing to adhere (**no need to coat the undersides**).
- Roast chicken on middle rack for 8 minutes (**you'll add more to the sheet then**).



2 MASH 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 when pierced with a fork, 15-20 minutes.
- Drain and return sweet potatoes to pot. Mash off heat with **reserved maple syrup, half the sour cream (you'll use the rest later), 1 TBSP butter (2 TBSP for 4 servings), salt, and pepper**. Cover to keep warm.



5 ROAST GREEN BEANS

- While chicken roasts, trim **green beans** if necessary; toss in a medium bowl with a **drizzle of olive oil, salt, and pepper**.
- Once **chicken** has roasted 8 minutes, remove sheet from oven and carefully add green beans to empty side. (**For 4 servings, leave chicken roasting and add green beans to a second sheet; roast on top rack.**)
- Continue roasting until chicken is cooked through and green beans are tender, 12-15 minutes more.



3 MIX PANKO

- While sweet potatoes cook, place **1 TBSP butter (2 TBSP for 4 servings)** in a second small microwave-safe bowl. Microwave until melted, 30 seconds.
- Stir in **panko, Fry Seasoning, 1 TBSP olive oil (2 TBSP for 4), and a big pinch of salt**.



6 SERVE

- Divide **sweet potatoes, chicken, and green beans** between plates. Drizzle chicken with **spicy maple syrup** and sprinkle with more **chili flakes** if desired. Serve.



If you customized your meal, refer to the cooking instructions on the **HelloCustom** card and use them as a guide to modify your recipe as needed.

*Poultry is fully cooked when internal temperature reaches 165°.