

ONION CRUNCH CHICKEN

with Mashed Sweet Potatoes, Roasted Green Beans & Honey Dijon Dressing

INGREDIENTS

2 PERSON | 4 PERSON



Sweet Potatoes



Crispy Fried Onions



1/4 Cup | 1/2 Cup Monterey Jack Cheese Contains: Milk



10 oz | 20 oz Chicken Cutlets



Honey Dijon Dressing Contains: Eggs



6 oz | 12 oz Green Beans



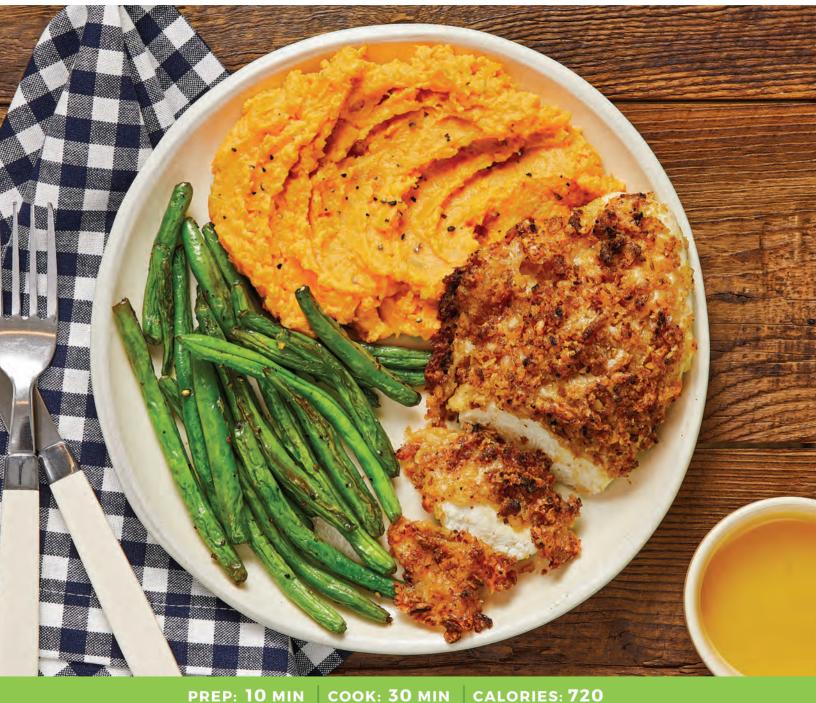
2 TBSP | 4 TBSP Sour Cream Contains: Milk



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CRISPY FRIED ONIONS

Crushing up this timeless topper and mixing it with cheese creates a next-level crunchy crust for chicken.



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In step 3, we instruct you to brush the tops of your chicken with some Honey Dijon Dressing. 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
- · Paper towels
- · Baking sheet
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)

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1 PREP & MAKE CRUST

- Preheat oven to 425 degrees. Wash and dry all produce.
- Peel and dice sweet potatoes into ½-inch pieces.
- Using your hands, finely crush crispy fried onions in their bag. Transfer to a small bowl; stir in Monterey Jack.
- Reserve 1 TBSP Honey Dijon Dressing in a second small bowl (you'll use it in step 3).
- 4 SERVINGS: Reserve 2 TBSP Honey Dijon Dressing.
- TIP: Once crushed, crispy fried onions should resemble breadcrumbs.



4 ROAST CHICKEN & BEANS

- Toss green beans on empty side of same sheet with a drizzle of olive oil, salt, and pepper. Roast on middle rack until chicken is cooked through and green beans are browned and tender, 15-20 minutes
- 4 SERVINGS: Add green beans to a second sheet; roast green beans on top rack and chicken on middle rack.
- TIP: Check chicken periodically—if the crust browns too quickly, loosely cover with foil. Additionally, if green beans finish before chicken, remove from sheet and continue roasting chicken.



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, 15-20 minutes.
- Reserve ½ cup potato cooking liquid, then drain and return sweet potatoes to pot. Cover to keep warm.



- Meanwhile, pat chicken* dry with paper towels and season all over with salt and pepper. Place on one side of a baking sheet.
- Evenly spread tops of chicken with a thin layer of reserved Honey Dijon Dressing. Mound coated sides with onion crust, pressing to adhere (no need to coat the undersides).
- 4 SERVINGS: Spread chicken out across entire sheet.



5 MASH SWEET POTATOES

- Meanwhile, mash sweet potatoes with sour cream, 2 TBSP butter, and a big pinch of salt until smooth, adding splashes of reserved potato cooking liquid as needed. Taste and season with salt and pepper.
- 4 SERVINGS: Use 4 TBSP butter.



6 SERVE

Divide **sweet potatoes**, **green beans**, and **chicken** between plates. Serve with remaining **Honey Dijon Dressing** on the side.

VK 16 NJ-14