



ONION CRUNCH CHICKEN

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

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



1 | 2

Crispy Fried Onions
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



1.5 oz | 3 oz
Honey Dijon
Dressing
Contains: Eggs



6 oz | 12 oz
Green Beans



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

HELLO

CRISPY FRIED ONIONS

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



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720



LIFE HACK

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)
Contains: Milk

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



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.



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.



3 COAT CHICKEN

- 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.



6 SERVE

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