



# HERBED CHICKEN CUTLETS

with Sweet Potato Mash and Almond Green Beans



**HELLO**  
**EVOLUTION FRESH®**  
Enjoy an extra serving of veggies with a brand who loves them as much as we do.

**PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 600**



Sweet Potatoes



Scallions



Green Beans



Flour  
(Contains: Wheat)



Chicken Demi-Glace  
(Contains: Milk)



Shallot



Brown Sugar



Chicken Cutlets



Italian Seasoning



Sliced Almonds  
(Contains: Tree Nuts)

## START STRONG

Try adding more greens to your day. Whether it's on your plate or from an Evolution Fresh® green juice on the go, be sure to eat your veggies (and drink them too).

## BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Large pan
- Strainer
- Paper towel
- Potato masher
- Oil (1 TBSP)
- Butter (4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Shallot 1
- Scallions 2
- Brown Sugar 2 TBSP
- Green Beans 12 oz
- Sliced Almonds 2 oz
- Chicken Cutlets 20 oz
- Italian Seasoning 1 tsp
- Flour 1 TBSP
- Chicken Demi-Glace 1

## HELLO WINE



### PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 425 degrees. Peel **sweet potatoes**, then cut into 1-inch cubes. Halve and peel **shallot**, then mince until you have 2 TBSP. Trim, then thinly slice **scallions**, keeping greens and whites separate. Place sweet potatoes in a medium pot with a pinch of **salt** and enough **water** to cover by 1 inch.



## 4 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. Season with **salt**, **pepper**, and **1 tsp Italian seasoning** (we sent more). Add to pan and cook until browned and cooked through, 2-4 minutes per side. (**TIP:** Work in batches if you can't easily fit the chicken in the pan.) Remove from pan and set aside to rest on a plate. Pour out and discard any excess oil in pan.

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)



## 2 COOK SWEET POTATOES

Bring **sweet potatoes** to a boil and cook until easily pierced by a knife, 12-15 minutes. Drain, then return empty pot to low heat. Add **2 TBSP butter** and **scallion whites**. Once butter has melted, 1-2 minutes later, return sweet potatoes to pot and mash with a potato masher or fork until smooth. Add **brown sugar** (to taste). Season with **salt** and **pepper**.



## 5 MAKE SAUCE

Add **2 TBSP butter**, **flour**, and **minced shallot** to same pan over medium-high heat. Cook, stirring vigorously, until butter melts and shallot is slightly softened, 1-2 minutes. Stir in **demi-glace** and **¾ cup water**, scraping up any browned bits from bottom. Bring to a boil, then lower heat and let simmer until thick and saucy, 2-4 minutes. Season with **salt** and **pepper**. Reduce heat to low to keep warm.



## 3 ROAST GREEN BEANS

While sweet potatoes cook, toss **green beans** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven 10 minutes, then remove sheet from oven, sprinkle **almonds** over green beans, and toss to combine. Return green beans to oven and continue roasting until tender and almonds are toasted, 2-4 minutes more.



## 6 PLATE AND SERVE

Add any **juices** from plate with chicken to sauce. Divide **sweet potatoes** and **green beans** between plates for serving. Top with **chicken**. Drizzle **sauce** over chicken and sweet potatoes, then garnish with **scallion greens**.

evolution FRESH

Raise a bottle to a healthy year with Evolution Fresh® Green Devotion.

