



Hello  
FRESH



NOV  
2016

## Parmesan-Crusted Chicken

with Roasted Sweet Potato, Cranberry, and Arugula Salad

Everything tastes better when cheese is involved, and chicken is no exception. In this recipe, melted Parmesan forms a crispy and super simple crust. We would say it's the star of the show, but the combination of roasted sweet potatoes, peppery arugula, and tart cranberries is hard to beat.



Prep: 10 min  
Total: 30 min



level 1



Sweet  
Potato



Panko  
Breadcrumbs



Parmesan  
Cheese



Chicken  
Breasts



Sour  
Cream



Shallot



Chicken Stock  
Concentrate



Arugula



Cranberries



Pecans



Lemon

## Ingredients

		2 People	4 People
Sweet Potato		12 oz	24 oz
Panko Breadcrumbs	1)	½ Cup	1 Cup
Parmesan Cheese	2)	¼ Cup	½ Cup
Chicken Breasts		12 oz	24 oz
Sour Cream	2)	2 TBSP	4 TBSP
Shallot		1	1
Lemon		1	1
Chicken Stock Concentrate		1	2
Arugula		2 oz	4 oz
Cranberries		1 oz	2 oz
Pecans	3)	1 oz	2 oz
Butter*	2)	1 TBSP	2 TBSP
Olive Oil*		4 tsp	8 tsp

\*Not Included

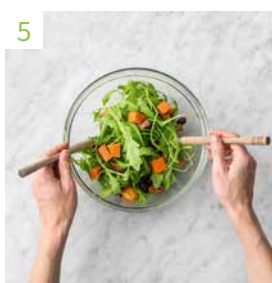
## Allergens

- 1) Wheat
- 2) Milk
- 3) Tree Nuts

## Tools

Baking sheet, Small bowl, Medium pan, Large bowl

**Nutrition per person** Calories: 802 cal | Fat: 35 g | Sat. Fat: 11 g | Protein: 55 g | Carbs: 74 g | Sugar: 23 g | Sodium: 562 mg | Fiber: 12 g



**1 Preheat oven and roast sweet potatoes:** Wash and dry all produce. Preheat oven to 450 degrees. Cut **sweet potatoes** into ½-inch cubes (no need to peel them). Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast 12 minutes, toss, then finish roasting until golden brown, another 12-13 minutes.

**2 Bread chicken:** Mix **panko**, **Parmesan cheese**, and a drizzle of **olive oil** in a small bowl. Place **chicken** on a clean surface and season all over with **salt** and **pepper**. Spread top of each **chicken breast** with a thin layer of **sour cream**. Press **panko mixture** into **sour cream** to adhere. Add to baking sheet with **potatoes**, and bake until crust turns golden and chicken is no longer pink in middle, about 20 minutes.

**3 Prep remaining ingredients:** Meanwhile, halve, peel, and dice shallot. Halve lemon.

**4 Make pan sauce:** Heat **1 TBSP butter** in a medium pan over medium-high heat. Add **shallots** and toss until softened, 2-3 minutes. Add **chicken stock concentrate** and **½ cup water**. Simmer until slightly thickened, 3-4 minutes. Add a squeeze of **lemon**, and season with **salt** and **pepper**. Remove pan from heat.

**5 Toss salad:** Toss roasted **sweet potatoes** in a large bowl with **arugula**, **cranberries**, **pecans**, a squeeze of **lemon**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.

**6 Serve:** Drizzle **chicken** with **pan sauce**, serve alongside **salad**, and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

