



# SPICY MAPLE CHICKEN

with Mashed Potatoes & Roasted Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Broccoli Florets



12 oz | 24 oz  
Potatoes\*



2 TBSP | 4 TBSP  
Maple Syrup



1 tsp | 1 tsp  
Chili Flakes



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



½ Cup | 1 Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 TBSP | 2 TBSP  
Fry Seasoning



10 oz | 20 oz  
Chicken Cutlets



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\*The ingredient you received may be a different color.

### HELLO

### SPICY MAPLE SYRUP

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



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 700



## 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
- Olive oil (4 tsp | 7 tsp)
- Cooking 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 & 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 **potatoes** into ½-inch pieces. Cut **broccoli florets** into bite-size pieces if necessary.
- Pour **maple syrup** 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 5 minutes (**you'll add more to the sheet then**).



### 2 MASH POTATOES

- Place **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.
- Reserve **½ cup potato cooking liquid** (**¾ cup for 4 servings**), then drain. Return potatoes to pot and mash with **half the sour cream** (**you'll use the rest later**), **1 TBSP butter** (**2 TBSP for 4**), **salt**, and **pepper** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Cover pot to keep warm.



### 5 ROAST BROCCOLI

- While chicken roasts, toss **broccoli** in a medium bowl with a **drizzle of olive oil, salt**, and **pepper**.
- Once **chicken** has roasted 5 minutes, remove sheet from oven and carefully add broccoli to empty side. (**For 4 servings, leave chicken roasting and add broccoli to a second sheet; roast on top rack.**)
- Continue roasting until chicken is cooked through and broccoli is tender, 15-20 minutes more.



### 3 MIX PANKO

- While 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 **potatoes, chicken**, and **broccoli** between plates. Drizzle chicken with **spicy maple syrup** and sprinkle with more **chili flakes** if desired. Serve.