



ALMOND-CRUSTED CHICKEN

with Sweet Potato Maple Mash

PRONTO



HELLO ALMONDS

Crushed and tossed with panko for a nutty, crispy chicken coating!

TIME: 30 MIN



Chicken Breasts



Almonds, sliced



Panko Breadcrumbs



Mayonnaise



Sweet Potato, cubes



Maple Syrup



Green Beans



Garlic

BUST OUT

- Garlic Press
- Large Non-Stick Pan
- Measuring Spoons
- Medium Pot
- Paper Towel
- Baking Sheet
- Unsalted Butter **2** (2 tbsp | 4 tbsp)
- Parchment Paper
- Potato Masher
- Shallow Dish
- Measuring Cups
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Almonds, sliced **5** 28 g | 56 g
- Panko Breadcrumbs **1** ¼ cup | ½ cup
- Mayonnaise **3,6,9** 2 tbsp | 4 tbsp
- Sweet Potato, cubes 340 g | 680 g
- Maple Syrup 1 tbsp | 2 tbsp
- Green Beans 170 g | 340 g
- Garlic 6 g | 12 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Fish/Poisson
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG



Preheat your oven to **425°F** (to bake chicken). Start prepping when your oven comes up to temperature!



1 PREP Wash and dry all produce.* Finely chop **almonds**. Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to dry pan. Toast, stirring often, until golden-brown, 1-2 min. Transfer **almonds** to a shallow dish. In same pan, add **½ tbsp oil** (dbl for 4 ppl), then **¼ cup panko** (dbl for 4 ppl). Toast, stirring often, until golden-brown, 1-2 min. Remove pan from heat. To the same dish, add **toasted panko**, **½ tsp salt** (dbl for 4 ppl) and **½ tsp pepper** (dbl for 4 ppl). Stir to combine.



4 COOK BEANS Meanwhile, peel, then mince or grate **garlic**. Cut stems off **beans**, if needed. Heat the same pan over medium-high heat. When pan is hot, add **1 tbsp butter** (dbl for 4 ppl), then **beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **garlic**. Cook, stirring often, until **garlic** is fragrant, 1 min. Season with **salt** and **pepper**.

Share your photos #HelloFreshLife | (855) 272-7002 | HelloFresh.ca | hello@hellofresh.ca



2 PREP CHICKEN Pat **chicken** dry with paper towel. Carefully slice into centre of **each chicken breast** – parallel to cutting board – leaving 1-inch intact on the other end. Open up **chicken** like a book. Coat **chicken** all over with **mayo**. Press **each breast** firmly into **almond-panko mixture** and cover both sides. On a parchment-lined baking sheet, arrange **coated chicken breasts**.



5 MAKE MASH When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat. Using a fork or potato masher, mash **maple syrup** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**.



3 BAKE CHICKEN Drizzle **each breast** with **1 tsp oil**. Bake **chicken** in the **middle** of oven, until golden-brown and cooked through, 20-25 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**) Meanwhile, in a medium pot, combine **sweet potatoes** with **3 cups water** (dbl for 4 ppl) and **1 tsp salt** (dbl for 4 ppl). Cover and bring to a boil over high heat. Cook, until **sweet potatoes** are fork-tender, 12-15 min.



6 FINISH AND SERVE Divide **garlic-green beans**, **maple mash** and **almond-crusted chicken** between plates.

SWEET!

Maple syrup helps to highlight the natural sweetness of the sweet potato