



# CORNFLAKE-CRUSTED CHICKEN

with Sweet Potato Mash and Garlic-Maple Dip

FAMILY



## HELLO MAPLE

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

TIME: 35 MIN



Chicken Thighs



Maple Syrup



Sweet Potato



Mayonnaise



Corn Flakes



Garlic



Broccoli, florets



Lemon

## BUST OUT

- Baking Sheet
- Silicone Brush
- Garlic Press
- Small Bowl
- Large Non-Stick Pan
- Paper Towel
- Parchment Paper
- Potato Masher
- Unsalted Butter **2** (4 tbsp)
- Rolling Pin
- Medium Pot
- Measuring Spoons
- Shallow Dish
- Measuring Cups
- Zester
- Vegetable Peeler
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

4-person

- Chicken Thighs **680 g**
- Maple Syrup **2 tbsp**
- Sweet Potato **680 g**
- Mayonnaise **3,9** **4 tbsp**
- Corn Flakes **2 cup**
- Garlic **9 g**
- Broccoli, florets **454 g**
- Lemon **1**

## 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 soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 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 COATING** Wash and dry all produce.\* Peel, then cut **potatoes** into 1-inch pieces. In a large zip-top bag, add **cornflakes**. Season with **salt** and **pepper**. Seal shut. Using a rolling pin or bottle, crush **cornflakes** inside bag into a breadcrumb-like texture. Transfer crushed **cornflakes** to a shallow dish. In a medium pot, add **6 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat.



**4 PREP & MAKE DIP** Meanwhile, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Zest and juice **half the lemon**. Cut **remaining lemon** into wedges. In a small bowl, stir together **remaining mayo**, **1 tsp maple syrup**, **1 tsp lemon zest** and **1 tbsp lemon juice** and **¼ tsp garlic**. Season with **salt** and **pepper**. Set aside.



**2 CRUST CHICKEN** Meanwhile, pat **chicken** dry with paper towel. Season with **salt** and **pepper**. Brush **½ tbsp mayo** across the **top of all thighs**. Working with **one thigh** at a time, press **mayo-coated top** into **cornflakes**. Transfer to a parchment-lined baking sheet. Sprinkle and press any **remaining cornflake crumbs** from the shallow dish on top of **each thigh**, then drizzle **each** with **½ tsp oil**.



**5 COOK BROCCOLI** Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** and **2 tbsp butter**. Stir together until **butter** melts, 1 min. Add **broccoli**, **remaining garlic** and **2 tbsp water**. Stir together. Cover and cook, stirring occasionally, until **broccoli** is tender, 5-6 min. Season with **salt** and **pepper**. When **potatoes** are fork-tender, reserve **¼ cup water**, then drain and return them to same pot off heat.



**3 COOK CHICKEN** 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, add **sweet potato** to medium pot with **boiling water**. Cook, uncovered, until **sweet potatoes** are fork-tender, 12-15 min.



**6 FINISH AND SERVE** Using a fork or potato masher, mash **2 tbsp butter**, **remaining maple syrup** and **reserved potato water** into **potatoes** until smooth. Season with **pepper**. Divide **broccoli**, **mash** and **cornflake-crusted chicken** between plates. Serve with **garlic-mayo dip** on the side. Squeeze a **lemon wedge** overtop, if desired.

## CRUNCHY

Who knew a breakfast cereal could add such serious crunch to chicken?

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