



# DUKKAH-CRUSTED CHICKEN

with Sweet Potatoes and Sugar Snap Peas



## HELLO DUKKAH

That's DOO-kah, an addictive Egyptian seasoning with almonds, sesame, and spices.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 510**



Sweet Potatoes



Lime



Chicken Breasts



Dukkah  
(Contains: Tree Nuts)



Sour Cream  
(Contains: Milk)



Sugar Snap Peas

## START STRONG

If your sugar snap peas have any bits of stem attached, remove them before cooking. You can trim them with a small knife, or just snap them off with your fingers.

## BUST OUT

- Baking sheet
- Zester
- Small bowl
- Plastic wrap
- Large pan
- Olive oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Dukkah 1 TBSP | 2 TBSP
- Lime 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Chicken Breasts 12 oz | 24 oz
- Sugar Snap Peas 6 oz | 12 oz

## HELLO WINE



PAIR WITH  
Rogue Wave Mendocino County  
Pinot Noir, 2015

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



## 1 PREHEAT OVEN AND ROAST SWEET POTATOES

**Wash and dry all produce.** Preheat oven to 400 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with half the **dukkah**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until sweet potatoes are tender and dukkah is golden brown, 20-25 minutes, tossing halfway through.



## 4 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until no longer pink in center, 3-4 minutes per side. (**TIP:** Check to make sure that the dukkah doesn't burn.) Remove from pan and set aside to rest.



## 2 MAKE CITRUS CREMA

Zest **lime** until you have ½ tsp zest, then cut into halves. Mix **sour cream**, **zest**, and a squeeze of **lime juice** in a small bowl. Season with **salt** and **pepper**. Stir in **1 tsp water** to thin. **TIP:** Add a splash more water if crema still seems thick—it should have a drizzly, saucy consistency.



## 5 COOK SUGAR SNAP PEAS

Heat another drizzle of **olive oil** in same pan over medium heat. Add **sugar snap peas** and toss until tender and lightly browned, 4-5 minutes. Season with **salt** and **pepper**.



## 3 BUTTERFLY CHICKEN

With your hand on top of one **chicken breast**, cut ¾ of the way through, parallel to the cutting board, stopping before you slice it completely. Open up chicken like a book, cover with plastic wrap, and pound with a mallet or heavy pan until ½ inch thick. Repeat with other breast. Season all over with **salt**, **pepper**, and remaining **dukkah**.



## 6 PLATE AND SERVE

Divide **sweet potatoes** between plates, then top with **chicken** and **sugar snap peas**. Drizzle with **citrus crema** and serve.

## CRUNCH TIME!

Love dukkah's crunch? It's great sprinkled on veggies and dips, too.

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