



HERBED CHICKEN CUTLETS

with Sweet Potato Mash and Almond Green Beans



HELLO

HERBED CHICKEN

Our Italian-style seasoning features a garden's worth of basil, oregano, and parsley.

PREP: 5 MIN | **TOTAL: 35 MIN** | **CALORIES: 600**



Sweet Potatoes



Scallions



Green Beans



Flour
(Contains: Wheat)



Chicken Demi-Glace
(Contains: Milk)



Shallot



Brown Sugar



Chicken Cutlets



Italian Seasoning



Sliced Almonds
(Contains: Tree Nuts)

START STRONG

All hands on deck! Have kids help with mashing the sweet potatoes and keeping an eye on the green beans while you cook the chicken and make the sauce.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Large pan
- Strainer
- Paper towel
- Potato masher
- Butter (4 TBSP)
(Contains: Milk)
- Vegetable oil (1 TBSP)

INGREDIENTS

Ingredient 4-person

- Shallot 1
- Scallions 2
- Sweet Potatoes 4
- Brown Sugar 2 TBSP
- Green Beans 12 oz
- Sliced Almonds 2 oz
- Chicken Cutlets 20 oz
- Italian Seasoning 1 tsp
- Flour 1 TBSP
- Chicken Demi-Glace 1

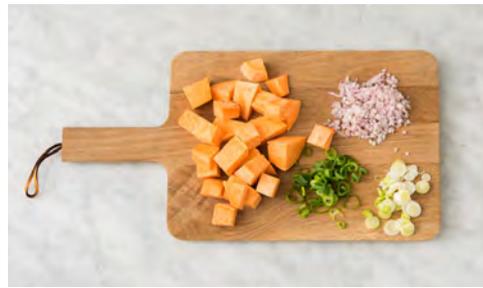
WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Halve and peel **shallot**; mince until you have 2 TBSP. Trim, then thinly slice **scallions**, keeping greens and whites separate. Peel **sweet potatoes**, then cut into 1-inch cubes and place in a medium pot with a pinch of **salt** and enough **water** to cover by 1 inch.



4 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. Season with **salt**, **pepper**, and **1 tsp Italian seasoning** (we sent more). Add to pan and cook until browned and cooked through, 2-4 minutes per side. (**TIP:** Work in batches if you can't easily fit the chicken in the pan.) Remove from pan and set aside to rest on a plate. Pour out and discard any excess oil in pan.

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2 COOK SWEET POTATOES

Bring **sweet potatoes** to a boil and cook until easily pierced by a knife, 12-15 minutes. Drain, then return empty pot to low heat. Add **2 TBSP butter** and **scallion whites**. Once butter melts, 1-2 minutes later, return sweet potatoes to pot and mash with a potato masher or fork until smooth. Add **brown sugar** (to taste). Season with **salt** and **pepper**.



5 MAKE SAUCE

Add **2 TBSP butter**, **flour**, and **minced shallot** to same pan over medium-high heat. Stir vigorously until butter melts and shallot softens slightly, 1-2 minutes. Stir in **demi-glace** and **¾ cup water**, scraping up any browned bits on bottom. Bring to a boil, then lower heat and let simmer until thickened, 2-4 minutes. Season with **salt** and **pepper**. Keep warm over low heat.



3 ROAST GREEN BEANS

Meanwhile, toss **green beans** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven 10 minutes, then remove from oven, sprinkle **almonds** over green beans, and toss to combine. Return sheet to oven and continue roasting until green beans are tender and almonds are toasted, 2-4 minutes more.



6 PLATE AND SERVE

Stir any **juices** released by **chicken** into **sauce**. Divide **sweet potatoes** and **green beans** between plates. Top with chicken. Drizzle sauce over chicken and sweet potatoes, then garnish with **scallion greens**.

FRESH TALK

If you had your own catchphrase, what would it be?

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