



MAPLE-GLAZED CHICKEN

with Sweet Potato Mash and Green Beans



HELLO MAPLE GLAZE

Think beyond the pancake: maple syrup gives chicken a satisfyingly sticky and sweet sheen.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 760**



Sweet Potatoes



Garlic



Cinnamon



Balsamic Vinegar



Chicken Breasts



Green Beans



Maple Syrup



Pecans
(Contains: Tree Nuts)

START STRONG

Taste the mash as you're seasoning it and drizzle the glaze on the chicken to taste—you want to make sure that the sweetness in both is at the level that you and your family like.

BUST OUT

- Peeler
- Large pot
- Slotted spoon
- Large bowl
- Oil (1 TBSP)
- Butter (3½ TBSP)
(Contains: Milk)
- Large pan
- Strainer
- Potato masher

INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Chicken Breasts 24 oz
- Garlic 1 Clove
- Green Beans 12 oz
- Cinnamon 1 tsp
- Maple Syrup 2 oz
- Balsamic Vinegar 3 TBSP
- Pecans 2 oz

HELLO WINE



PAIR WITH
Le Coq Bleu
Côtes du Rhône Rouge, 2016

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



1 BOIL SWEET POTATOES

Wash and dry all produce. Peel **sweet potatoes**, then cut into ½-inch cubes. Place in a large pot with enough **water** to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, 12-15 minutes. Remove from pot with a slotted spoon. Place in a large bowl, keeping pot of boiling water on stove.



4 MASH SWEET POTATOES

Add **3 TBSP butter**, **cinnamon**, and **1 TBSP maple syrup** (we'll use the rest later) to bowl with **sweet potatoes**. Using a potato masher or fork, mash sweet potatoes until mostly smooth. Season with **salt** and **pepper**. Cover to keep warm and set aside. **TIP:** Add a pinch of brown sugar if you have it and like your potatoes extra sweet.



2 COOK CHICKEN AND PREP

While sweet potatoes cook, heat a large drizzle of **oil** in a large pan over medium-high heat. Season **chicken** all over with **salt** and **pepper**. Add to pan and cook to desired doneness, 4-6 minutes per side. Remove from pan and set aside. Meanwhile, mince **1 clove garlic** (use the other as you like).



5 MAKE GLAZE

Heat a drizzle of **oil** in pan used for chicken over medium heat. Add remaining **garlic** and cook until fragrant, about 30 seconds. Pour in **3 TBSP vinegar** (we sent more) and remove pan from heat. Let bubble and reduce until slightly syrupy, about 1 minute. Return pan to medium heat and add remaining **maple syrup**. Simmer until thick and glaze-like, about 2 minutes.



3 COOK GREEN BEANS

Add **green beans** to pot with boiling water and cook until tender but still a little crisp, 3-4 minutes. Drain and return to pot along with ½ **TBSP butter** and a pinch of **garlic**. Toss until butter melts and coats green beans. Season with **salt**, **pepper**, and more garlic (to taste, but save a little for the glaze).



6 FINISH AND SERVE

Add **chicken** to pan and toss to coat in **glaze**. Remove pan from heat. Divide **sweet potatoes**, **green beans**, and chicken between plates. Sprinkle sweet potatoes with **pecans**. Drizzle any remaining glaze over chicken and serve.

FRESH TALK

What is your favorite Thanksgiving family tradition?

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