



PANKO-CRUSTED CHICKEN

with Roasted Sweet Potatoes, Cranberries and Arugula Salad

PRONTO



HELLO PANKO

Coating the chicken with this flaky breadcrumb gives it a crunchy crust

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 706



Chicken Breasts



Sweet Potato, cubes



Panko Breadcrumbs



Goat Cheese



Mayonnaise



Red Onion, chopped



Lemon



Chicken Broth Concentrate



Arugula



Cranberries, dried



Honey



Dijon Mustard

BUST OUT

- Baking Sheet
- Zester
- Shallow Dish
- Large Non-Stick Pan
- Measuring Spoons
- Measuring Cups
- Large Bowl
- Whisk
- Butter **2**
(1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Sweet Potato, cubes 340 g | 680 g
- Panko Breadcrumbs **1** ¼ cup | ½ cup
- Goat Cheese **2** 28 g | 56 g
- Mayonnaise **3** 2 tbsp | 4 tbsp
- Red Onion, chopped 56 g | 113 g
- Lemon 1 | 2
- Chicken Broth Concentrate 1 | 2
- Arugula 56 g | 113 g
- Cranberries, dried ¼ cup | ½ cup
- Honey 1 tbsp | 2 tbsp
- Dijon Mustard **6,9** 1 ¼ tsp | 2 ½ tsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également 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

*Laver et sécher tous les aliments.

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



START STRONG

Preheat the oven to **450°F** (to roast the sweet potatoes and chicken). Start prepping when the oven comes up to temperature!



1 ROAST SWEET POTATOES

Wash and dry all produce.* Zest, then juice **half the lemon**. (1 lemon for 4 ppl). Cut the **remaining** lemon into wedges. On a baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of oven, stirring halfway through cooking, until the potatoes are tender and golden-brown, 20-22 min.



4 MAKE PAN SAUCE

Meanwhile, heat the same pan over medium heat. Add **1 tbsp butter** (double for 4 ppl) then the **onions**. Cook until softened, 3-4 min. Increase the heat to medium-high. Add the **broth concentrate(s), lemon zest, 1 ½ tsp honey** (double for 4 ppl) and **½ cup water** (double for 4 ppl). Stir together, until slightly thickened, 2-3 min.



2 PREP CHICKEN

Meanwhile, pat the **chicken** dry with paper towels. Season with **salt and pepper**. Pour the **panko** into a shallow dish. Coat the chicken all over with the **mayo**. Working with one breast at a time, press each piece of chicken into the panko to coat completely.



5 ASSEMBLE SALAD

Meanwhile, in a large bowl, whisk together the **mustard, 1 tbsp lemon juice** (double for 4 ppl) and **remaining honey** with a drizzle of **oil**. Season with **salt and pepper**. Toss in the **sweet potatoes, arugula** and **cranberries**.



3 COOK CHICKEN

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Pan-fry until golden-brown, 3-4 min per side. Transfer the chicken to the baking sheet with the **sweet potatoes**. Bake in the centre of the oven until chicken is cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temp. of 165°F, as size may vary.**)



6 FINISH AND SERVE

Divide the **panko-crust chicken** and **arugula salad** between plates. Sprinkle the **goat cheese** over the salad. Drizzle the **pan sauce** over the chicken. Squeeze over a **lemon wedge**, if desired.

SAUCY!

The pan sauce takes this dish to a gourmet level with ease!