



BREADED CAYENNE RANCH CHICKEN

with Sweet Potato Wedges and Broccoli



HELLO

RANCH SPICE BLEND

All the flavor of the dressing in one nifty, sprinkle-able seasoning

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 820



Sweet Potatoes



Sour Cream
(Contains: Milk)



Cayenne Pepper



Chicken Breasts



Broccoli Florets



Lemon Juice



Ranch Spice Blend



Panko Breadcrumbs
(Contains: Wheat)



Shallot

START STRONG


If you have any larger broccoli florets, cut them into smaller pieces so that they are all bite-size. This will also help ensure that they cook evenly and quickly in the pan.

BUST OUT

- Baking sheet
- 2 Small bowls
- Large pan
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (1½ TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Sour Cream 4 TBSP | 8 TBSP
- Ranch Spice Blend 1 TBSP | 2 TBSP
- Lemon Juice 2 packs | 4 packs
- Cayenne Pepper  1 tsp | 1 tsp
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Chicken Breasts 12 oz | 24 oz
- Shallot 1 | 2
- Broccoli Florets 8 oz | 16 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Lightly oil a baking sheet. Cut **sweet potatoes** into ½-inch-thick wedges.



4 BAKE CHICKEN AND SWEET POTATOES

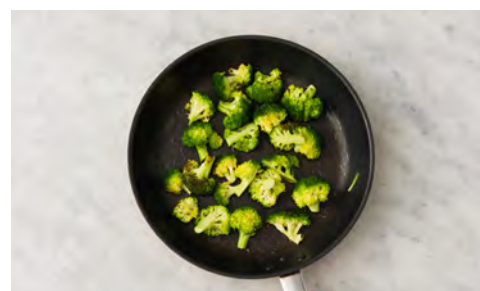
Dollop **chicken** with ½ **TBSP ranch sauce** each. (**TIP:** Set aside the rest of the sauce, keeping it separate—we'll use it as a dip.) Using a spoon, spread tops of chicken evenly with sauce, then top with **panko mixture**, pressing to adhere. Bake until chicken is golden and cooked through and **sweet potatoes** begin to brown, about 25 minutes. **TIP:** If chicken finishes before sweet potatoes, remove from sheet and set aside.

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2 MIX RANCH SAUCE

In a small bowl, mix **sour cream**, **2 tsp ranch spice** (save the rest for the crust), **lemon juice** to taste, and a pinch of **cayenne** (use more to taste). Stir in **water** 1 tsp at a time until mixture has the consistency of a creamy dressing. Season with **salt** and **pepper**.



5 COOK BROCCOLI

Meanwhile, peel **shallot**, then slice into thin rounds. About 10 minutes before chicken is done, melt **1 TBSP butter** in a large pan over medium-high heat. Add **broccoli** and cook, tossing frequently, until bright green and beginning to turn tender, about 4 minutes. (**TIP:** Add a splash of water to help broccoli cook.) Season with **salt** and **pepper**.



3 STIR AND SEASON

Microwave ½ **TBSP butter** until melted in another small bowl. Add **panko** and remaining **ranch spice** and stir to coat. Set aside. Toss **sweet potatoes** on one side of baking sheet with a drizzle of **oil**, **salt**, and **pepper**. Place **chicken** on other side of sheet and season all over with salt and pepper.



6 FINISH AND SERVE

Add **shallot** and another drizzle of **oil** to pan with **broccoli**. Cook, tossing, until broccoli and shallot are fully tender, 3-4 minutes. Season with **salt** and **pepper**. Divide **chicken**, broccoli, and **sweet potatoes** between plates. Add a dollop of remaining **ranch sauce** to the side for dipping.

BINGO!

Vitamin-rich sweet potatoes and broccoli make this meal a win.

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