



# Smart Honey-Lemon and Dill Chicken

with Warm Sweet Potato and Kale Salad

Calorie Smart

Carb Smart

30 Minutes



Chicken Tenders



Sweet Potato



Kale, chopped



Shallot



Lemon



Dill



Feta Cheese, crumbled



Honey



Dijon Mustard



Almonds, sliced



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HELLO DILL

*This delicate herb comes from the same family as parsley and celery!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, medium non-stick pan, measuring spoons, zester, large bowl, parchment paper, small bowl, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Sweet Potato	170 g	340 g
Kale, chopped	113 g	227 g
Shallot	50 g	100 g
Lemon	1	2
Dill	7 g	7 g
Feta Cheese, crumbled	¼ cup	½ cup
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Almonds, sliced	28 g	28 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Roast sweet potatoes

- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.



## Toast almonds

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer to a plate.



## Prep

- Meanwhile, peel, then finely chop **shallot**.
- Finely chop **dill**.
- Zest, then juice **lemon**.



## Prep and cook chicken

- Reheat the same pan over medium.
- While the pan heats, pat **chicken** dry with paper towels, then add to a medium bowl.
- Add **lemon zest**, **remaining honey** and **½ tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**, then toss to coat **chicken**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until evenly browned and cooked through, 2-3 min per side.\*\*



## Massage kale

- Add **shallots**, **Dijon**, **half the honey**, **half the dill**, **2 tbsp lemon juice** and **2 tbsp oil** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Remove any tough stems from **kale**, then cut **kale** into bite-sized pieces.
- Add **kale** and **half the dressing** to a large bowl. Season with **salt** and **pepper**. Using your hands, massage **dressing** into **kale** to coat and soften.



## Finish and serve

- Add **sweet potatoes** and **half the almonds** to the bowl with **kale**. (**NOTE:** It's okay if sweet potatoes are still warm.) Toss to combine.
- Divide **salad** and **chicken** between plates.
- Drizzle **remaining dressing** over **chicken**.
- Sprinkle **feta**, **remaining almonds** and **remaining dill** over top.

## Dinner Solved!