



# Cheddar-Crusted Chicken

with Sweet Potato Mash and Zucchini

30 Minutes

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Thighs  
280 g | 560 g

Swap



Turkey Breast  
Portions  
340 g | 680 g



Chicken Breasts  
2 | 4



Sweet Potato  
2 | 4



Sour Cream  
1 | 2



Mayonnaise  
2 tbsp | 4 tbsp



Panko  
Breadcrumbs  
¼ cup | ½ cup



Zucchini  
1 | 2



Cheddar Cheese,  
shredded  
¼ cup | ½ cup



Smoked Paprika-  
Garlic Blend  
1 tbsp | 2 tbsp

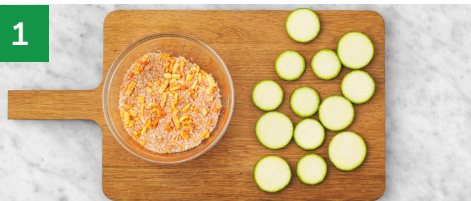
**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

**Pantry items** | Salt, oil, unsalted butter, pepper

**Cooking utensils** | 2 baking sheets, large pot, measuring spoons, paper towels, parchment paper, potato masher, shallow dish, strainer, vegetable peeler

1



## Prep

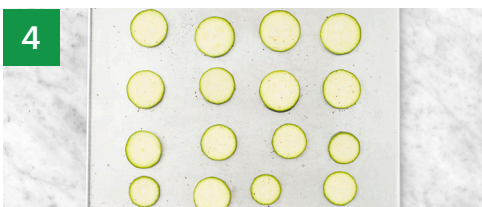
- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

[Swap](#) | [Chicken Thighs](#)

[Swap](#) | [Turkey Breast Portions](#)

- Cut **zucchini** into ½-inch rounds.
- Combine **panko**, **cheese** and **Smoked Paprika-Garlic Blend** in a shallow dish.
- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end.
- Open up **chicken** like a book, then season both sides with **salt** and **pepper**.

4



## Roast zucchini

- Add **zucchini** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast, in the **top** of the oven until tender-crisp, 15-17 min.

2



## Cook chicken

[Swap](#) | [Turkey Breast Portions](#)

- Coat one side of **each chicken breast** with mayo.
- Working with one **breast** at a time, firmly press **mayo-coated side** into **panko mixture** to adhere.
- Transfer to a parchment-lined baking sheet, coated-side up.
- Bake in the **middle** of the oven until cooked through, 18-20 min.\*\*

3



## Cook sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp** (2 tsp) **salt** and **enough** water to cover (by approx. 1-2 inches) to a large pot.
- Cover and bring to a boil over high heat. Once boiling, reduce heat to medium.
- Simmer uncovered, stirring occasionally, until fork-tender, 10-12 min.

5



## Mash sweet potatoes

- Drain and return **sweet potatoes** to the same pot, off heat.
- Mash **sour cream** and **1 tbsp** (2 tbsp) **butter** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.

6



## Finish and serve

- Divide **sweet potato mash**, **cheddar-crust chicken** and **zucchini** between plates.

**Measurements within steps**

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 1 | Prep

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, no need to butterfly them. Simply season with **salt** and **pepper**, then coat and cook them in the same way the recipe instructs you to coat and cook the **chicken breasts**\*\*.

## 1 | Prep

[Swap](#) | [Turkey Breast Portions](#)

If you've opted to get **turkey breast portions**, pat **turkey** dry with paper towels, then, if applicable, cut into 2 (4) equal pieces on a separate cutting board. Carefully slice into the centre of each **turkey breast portion**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **turkey** like a book, then season both sides with **salt** and **pepper**.

## 2 | Cook turkey

[Swap](#) | [Turkey Breast Portions](#)

Coat one side of each **turkey breast portion** with **mayo**. Working with one piece at a time, firmly press mayo-coated side into **panko mixture** to adhere. Transfer to a parchment-lined baking sheet, coated-side up. Bake in the **middle** of the oven until cooked through, 18-20 min.\*\*

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

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