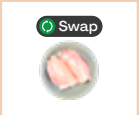




Almond-Crusted Chicken

with Creamy Sweet Potato Mash

Family Friendly 35 - 45 Minutes



Chicken Thighs *
280 g | 560 g

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](http://www.hellofresh.ca)



- Chicken Breasts *
2 | 4
- Almonds, sliced
28 g | 56 g
- Panko Breadcrumbs
1/4 cup | 1/2 cup
- Mayonnaise
2 tbsp | 4 tbsp
- Sweet Potato
2 | 4
- Garlic, cloves
2 | 4
- Zesty Garlic Blend
1 tbsp | 2 tbsp
- Cream
56 ml | 113 ml
- Brussels Sprouts
170 g | 340 g

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 | Oil, salt, unsalted butter, pepper

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring spoons, paper towels, parchment paper, potato masher, shallow dish, strainer, vegetable peeler

1



Prep and make breading

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

- Finely chop **almonds**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **panko** and **almonds**. Toast, stirring often, until golden, 2-3 min.
- Remove from heat.
- Transfer **almond-panko breading** to a shallow dish.
- Season with **salt** and **pepper**, then stir to combine.

4



Make mash

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.
- Drain and return **sweet potatoes** to the same pot, off heat.
- Mash **1 tbsp** (2 tbsp) **butter** and **cream** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.

♦ 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.

2



Prep and coat chicken

🔄 Swap | **Chicken Thighs**

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**.
- Coat all over with **mayo**.
- Working with one **chicken breast** at a time, press both sides into **almond-panko breading** to coat completely.

5



Cook Brussels Sprouts

- Meanwhile, thinly slice **Brussels sprouts**.
- Peel, then mince or grate **garlic**.
- Reheat the same pan (from step 1) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 1 min.
- Add **sliced Brussels sprouts**, **garlic**, **Zesty Garlic Blend** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**, then stir to combine.
- Cover and cook, stirring occasionally, until tender, 5-6 min.

3



Roast chicken

- Transfer **coated chicken** to a parchment-lined baking sheet and drizzle with **½ tbsp** (1 tbsp) **oil**.
- Roast **chicken** in the **middle** of the oven, until golden-brown and cooked through, 18-20 min.**

6



Finish and serve

- Divide **garlic Brussels sprouts**, **creamy sweet potato mash** and **almond-crusted chicken** between plates.

Measurements
within steps

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

2 | Prep and coat chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, skip the step to butterfly, then prep and cook them in the same way the recipe instructs you to cook the **chicken breasts**.