




Cheesy Stuffed Chicken and Sweet Potato Mash

with Crunchy Spring Salad

Family Friendly 30 - 40 Minutes

Swap



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



-  Chicken Breasts +
2 | 4
-  Sweet Potato
2 | 4
-  Cheddar Cheese, shredded
1/4 cup | 1/2 cup
-  Spring Mix
56 g | 113 g
-  White Wine Vinegar
1 tbsp | 2 tbsp
-  Crispy Shallots
28 g | 56 g
-  Cream Cheese
1 | 2
-  Garlic Salt
1 tsp | 1 tsp

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, unsalted butter, salt, sugar, pepper

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

1



Cook sweet potatoes

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

4



Make salad dressing

- Meanwhile, whisk together **vinegar**, **1 tbsp** (2 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** in a large bowl.
- Season with **salt** and **pepper**, then set side.

2



Prep chicken

Swap | **Chicken Thighs**

- Meanwhile, mix together **cheddar cheese**, **half the cream cheese** and **half the crispy shallots** in a small bowl.
- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Carefully slice into the centre of **each breast**, parallel to cutting board, leaving 1-inch intact on the other end. Open up **each breast** like a book, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Divide **cheese filling** between **each breast**, then fold closed.
- Season **outside of chicken** with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.

5



Mash sweet potatoes

- Mash **2 tbsp** (4 tbsp) **butter** and **remaining cream cheese** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook until golden, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the middle of the oven until cooked through, 14-16 min.**

6



Finish and serve

- When **chicken** is done, transfer to a plate to rest, 3-5 min.
- Add **spring mix** to the bowl with dressing. Toss to combine.
- Divide **sweet potato mash**, **chicken** and **salad** between plates.
- Drizzle any **juices** left on the baking sheet over **chicken**.
- Sprinkle **remaining crispy shallots** over **salad**.

Measurements
within steps

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

2 | Prep chicken

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, mix together **cheddar cheese**, **half the cream cheese** and **half the crispy shallots** in a small bowl. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Lay **thighs** flat on a clean surface, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**. Divide **cheese filling** between **each piece of chicken**, then fold closed. Season **outside of chicken** with **¼ tsp** (½ tsp) **garlic salt** and **pepper**. Cook in the same way the recipe instructs you to cook the **chicken breasts****.

* 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.