



Almond-Crusted Chicken with Creamy Potato Mash

Family Friendly 30-40 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](http://www.hellofresh.ca)

↻ Swap	↻ Swap
Chicken Thighs 280 g 560 g	Turkey Breast Portions 340 g 680 g



Chicken Breasts 2 4	Almonds, sliced 28 g 56 g
Panko Breadcrumbs 1/2 cup 3/4 cup	Mayonnaise 2 tbsp 4 tbsp
Yellow Potato 300 g 600 g	Garlic, cloves 2 4
Zesty Garlic Blend 1 tbsp 2 tbsp	Cream 56 ml 113 ml
Green Beans 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 **potatoes** into ½-inch pieces.
- Add **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 **potatoes** to the same pot, off heat.
- Mash **1 tbsp** (2 tbsp) **butter** and **cream** into **potatoes** until smooth. Season with **salt** and **pepper**, to taste.

2



Prep and coat chicken

Swap | **Chicken Thighs**
Swap | **Turkey Breast Portions**

- 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 green beans

- Meanwhile, trim **green beans**.
- 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 **green beans**, **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.

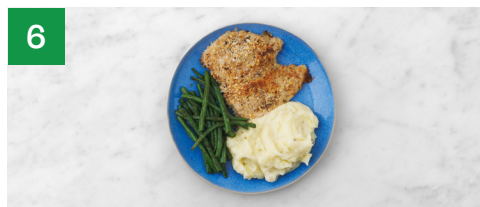
3



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 green beans**, **creamy 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**, pat dry with paper towels. Skip the step to butterfly the **chicken**, then coat and cook the **chicken thighs** in the same way the recipe instructs you to coat and cook the **chicken breasts**.

2 | Prep and coat turkey

Swap | **Turkey Breast Portions**

If you've opted to get **turkey breast portions**, if applicable, cut into 2 (4) equal pieces on a separate cutting board. Prep and cook them in the same way the recipe instructs you to prep and 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, as size may vary.