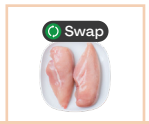




Lemony Panko-Crusted Chicken

with Roasted Potatoes and Creamy Dill Sauce

Family Friendly 25 Minutes



Chicken Breasts
2 | 4

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 Thighs •
280 g | 560 g
-  Yellow Potato
350 g | 700 g
-  Lemon
1 | 1
-  Panko Breadcrumbs
1/3 cup | 2/3 cup
-  Dijon Mustard
1 tbsp | 1 tbsp
-  Mayonnaise
2 tbsp | 4 tbsp
-  Mini Cucumber
1 | 2
-  Dill-Garlic Spice Blend
1 tsp | 2 tsp
-  Sour Cream
1 | 2
-  Feta Cheese, crumbled
1/4 cup | 1/2 cup
-  Spring Mix
56 g | 113 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.

1



Roast potatoes

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 ½ tbsp (3 tbsp) oil**, then **chicken**. Pan-fry until golden-brown, 2-4 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **top** of the oven until **chicken** is cooked through, 8-12 min.**

2



Prep

Swap | Chicken Breasts

- Meanwhile, zest, then juice **half the lemon**. Cut **any remaining lemon** into wedges.
- Pat **chicken** dry with paper towels. Add **chicken** and **half the mayo** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

3



Crust chicken

- Combine **panko**, **lemon zest** and **½ tsp (1 tsp) salt** in a shallow dish.
- Working with one piece of **chicken** at a time, press both sides into **panko** to coat completely.
- Transfer **crusted chicken** to a plate.

5



Make dill sauce and toss salad

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Combine **Dill-Garlic Spice Blend**, **sour cream** and **remaining mayo** in a small bowl. Set aside.
- Whisk together **lemon juice**, **½ tbsp (1 tbsp) Dijon** and **1 tbsp (2 tbsp) oil** in a large bowl. Season with **salt** and **pepper**.
- Add **spring mix** and **cucumbers**, then toss to coat.

6



Finish and serve

- Divide **chicken**, **salad** and **potatoes** between plates.
- Sprinkle **feta** over **salad**.
- Serve **creamy dill sauce** alongside for dipping.
- Squeeze a **lemon wedge** over **chicken**, if desired.

2 | Prep

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, 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, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

♦ 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.