







Coat 'n' Roast Chicken Dinner

with Smashed Potatoes and Broccoli

Family Friendly

35 Minutes

 Swap	 Double
	
Chicken Thighs 280 g 560 g	Chicken Breasts 4 8

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	Russet Potato 2 4
	
Broccoli 227 g 454 g	Italian Breadcrumbs 4 tbsp 8 tbsp
	
Garlic, cloves 2 4	Mayonnaise 2 tbsp 4 tbsp
	
Zesty Garlic Blend 1 tbsp 2 tbsp	BBQ Sauce 4 tbsp 8 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.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Milk, butter, oil, salt, pepper

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

1



Cook potatoes

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

- Remove any brown spots from **potatoes**. Peel, then cut **potatoes** into 1-inch pieces.
- To a large pot, add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch). (Use same for 4 servings.) Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer for 10-12 min, uncovered, until fork-tender.

4



Cook broccoli

- Once **chicken** is halfway through cook time, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **broccoli**, **remaining Zesty Garlic Blend** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**. Cook for 4-6 min, stirring often until **broccoli** is tender-crisp.

2



Prep

🔄 Swap | **Chicken Thighs**

✖2 Double | **Chicken Breasts**

- Peel, then mince or grate **garlic**.
- Cut **broccoli** into bite-sized pieces.
- In a shallow dish, combine **breadcrumbs** and **half the Zesty Garlic Blend**.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with **one chicken breast** at a time, press both sides into **breadcrumb mixture** to coat completely.

5



Finish smashed potatoes

- While **broccoli** cooks, drain and return **potatoes** to the same pot, off heat.
- Roughly mash **garlic**, **2 tbsp** (4 tbsp) **butter** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **milk** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**.

3



Cook chicken

- Heat a large non-stick pan over medium.
- While pan heats, line a baking sheet with parchment paper.
- When hot, add **1 tbsp** (2 tbsp) **oil** and **chicken**. Cook for 1-2 min per side, until browned. Transfer **chicken** to a parchment-lined baking sheet. Roast in the **middle** of the oven for 12-14 min, until cooked through.**
- Wipe out pan.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **broccoli** and **smashed potatoes** between plates.
- Serve **BBQ sauce** on the side for dipping.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

🔄 Swap | **Chicken Thighs**

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

2 | Cook chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches if necessary.

♦ 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 165°F.