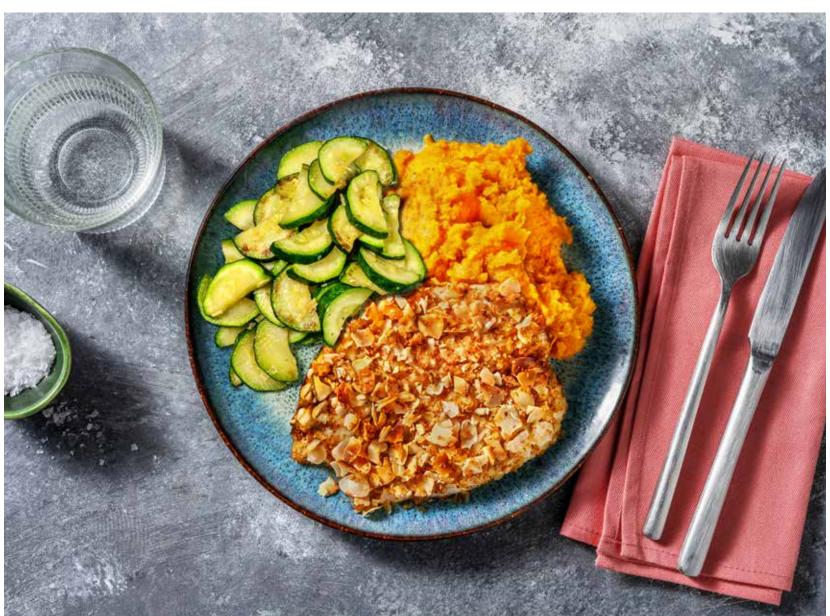


Almond-Crusted Chicken

with Sweet Potato Mash

40 Minutes











Almonds, sliced



Panko Breadcrumbs



Mayonnaise





Garlic, cloves

Sweet Potato



Zucchini



Chicken Salt

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

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

Ingredients

9		
	2 Person	4 Person
Chicken Breasts •	2	4
Almonds, sliced	28 g	56 g
Panko Breadcrumbs	1/4 cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Garlic, cloves	2	4
Zucchini	200 g	400 g
Chicken Salt	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

Contact

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Prep and make breading

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



Make sweet potato mash

- Meanwhile, 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 into sweet potatoes until smooth. Season with salt and pepper, to taste.



Prep and coat chicken

- 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 **chicken salt** and **pepper**.
- Coat chicken all over with mayo.
- Working with one chicken breast at a time, press both sides into almond-panko mixture to coat completely.



Cook zucchini

- Meanwhile, halve zucchini lengthwise, then cut into ½-inch half-moons.
- Peel, then mince or grate garlic.
- Heat the same pan (from step 1) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **garlic**. Cook, stirring often, until fragrant, 1-2 min.



Roast chicken

- Transfer **coated chicken** to a parchmentlined 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.**



Finish and serve

 Divide garlic zucchini, sweet potato mash and almond-crusted chicken between plates.

Dinner Solved!