



Almond-Crusted Chicken

with Sweet Potato Mash

40 Minutes



Chicken Breasts



Almonds, sliced



Panko Breadcrumbs



Mayonnaise



Sweet Potato



Garlic, cloves



Zucchini



Chicken Salt

HELLO ALMONDS

Crushed and tossed with panko for a nutty, crispy chicken coating!

Start here

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

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

	2 Person	4 Person
Chicken Breasts ♦	2	4
Almonds, sliced	28 g	56 g
Panko Breadcrumbs	¼ 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 medium-high 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 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.**



Finish and serve

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

Dinner Solved!