



Almond-Crusted Chicken

with Sweet Potato Mash

Family Friendly

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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1 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.



4 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.



2 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.



5 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.



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

Dinner Solved!