

Almond-Crusted Chicken

with Creamy Mash

Family Friendly 40 Minutes







Chicken Breasts



Almonds, sliced







Yellow Potato

Broccoli, florets

Panko Breadcrumbs

Mayonnaise



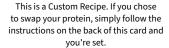
Garlic, cloves





Zesty Garlic Blend





CUSTOM RECIPE

Happy cooking!

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 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

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	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Thighs •	280 g	560 g
Almonds, sliced	28 g	56 g
Panko Breadcrumbs	⅓ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Yellow Potato	350 g	700 g
Garlic, cloves	2	4
Broccoli, florets	227 g	454 g
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	⅓ cup	½ cup
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.





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



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

If you've opted to get **chicken thighs**, no need to butterfly them. Coat and cook them in the same way the recipe instructs you to coat and cook the chicken breasts.



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.**



Make mash

- · Meanwhile, peel, then cut potatoes into ½-inch pieces.
- Add 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 potatoes to the same pot, off heat.
- Mash 1 tbsp (2 tbsp) butter and 1/4 cup (1/2 cup) milk into potatoes until smooth. Season with salt and pepper, to taste.



- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate garlic.
- Heat the same pan (from step 1) over medium.
- When hot, add 1 tbsp (2 tbsp) butter, swirl the pan until melted, 1 min.
- Add broccoli, garlic, Zesty Garlic Blend and 2 tbsp (4 tbsp) water. Season with salt and **pepper**, then stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min.



 Divide garlic broccoli, creamy mash and almond-crusted chicken between plates.

Dinner Solved!