

# **Almond-Crusted Chicken**

with Creamy Sweet Potato Mash

Family Friendly 35 - 45 Minutes



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**Chicken Breasts** 





Almonds, sliced



Panko Breadcrumbs





**Sweet Potato** 

**Green Beans** 

Mayonnaise





Garlic, cloves



Zesty Garlic Bread



This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

**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

9		
	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
Sweet Potato	2	4
Garlic, cloves	2	4
Green Beans	170 g	340 g
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	1/4 cup	½ cup
Oil*		

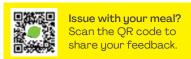
Salt and Pepper\*

- \* 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**, prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken breasts, disregarding instructions to slice into the centre of each breast.



#### Roast chicken

- Transfer coated chicken to a parchment-lined baking sheet and drizzle with 1/2 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 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 and 1/4 cup (1/2 cup) milk into sweet potatoes until smooth. Season with salt and pepper, to taste.



- · Meanwhile, trim green beans.
- 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 green beans, 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.



#### Finish and serve

· Divide garlic green beans, creamy mash and almond-crusted chicken between plates.

# Dinner Solved!