



Almond-Crusted Chicken with Creamy Sweet Potato Mash

Family Friendly 35 - 45 Minutes



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Chicken Breasts



Chicken Thighs



Almonds, sliced



Panko Breadcrumbs



Mayonnaise



Sweet Potato



Garlic, cloves



Green Beans



Zesty Garlic Bread

CUSTOM RECIPE

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.
Happy cooking!

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
Chicken Thighs*	280 g	560 g
Almonds, sliced	28 g	56 g
Panko Breadcrumbs	¼ 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*	¼ 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.



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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 from heat.
- Transfer **almond-panko mixture** to a shallow dish. Season with **salt** and **pepper**, then stir to combine.



4 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 **¼ cup** (½ cup) **milk** 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 **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**.



5 Cook green beans

- 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.



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 green beans**, **creamy mash** and **almond-crusted chicken** between plates.

Dinner Solved!