



Almond-Crusted Chicken with Creamy Sweet Potato Mash

Family Friendly

35-45 Minutes



Chicken Thighs *
280 g | 560 g

Custom Recipe

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts *
2 | 4



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



Cream
56 ml | 113 ml

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, parchment paper, large pot, large non-stick pan, paper towels



1 | Prep and make breading

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Finely chop **almonds**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tblsp**) **oil**, then **panko** and **almonds**. Toast, stirring often, until golden, 2-3 min.
- Remove from heat. Transfer **almond-panko breading** to a shallow dish.
- Season with **salt** and **pepper**, then stir to combine.



2 | Prep and coat chicken

 **Swap** | **Chicken Thighs**

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving $\frac{1}{2}$ 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 breading** to coat completely.



3 | Roast chicken

- Transfer **coated chicken** to a parchment-lined baking sheet and drizzle with $\frac{1}{2}$ **tbsp** (1 **tblsp**) **oil**.
- Roast **chicken** in the **middle** of the oven, until golden-brown and cooked through, 18-20 min.**



4 | Make mash

- Meanwhile, peel, then cut **sweet potatoes** into $\frac{1}{2}$ -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 **tblsp**) **butter** and **cream** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste.



5 | Cook green beans

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



6 | Finish and serve

- Divide **garlic green beans**, **creamy sweet potato mash** and **almond-crusted chicken** between plates.

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

2 | Prep and coat chicken thighs

 **Swap** | **Chicken Thighs**

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**. Disregard instructions to slice into the centre of the **chicken**.

** 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.



Issue with your meal? Scan the QR code to share your feedback.