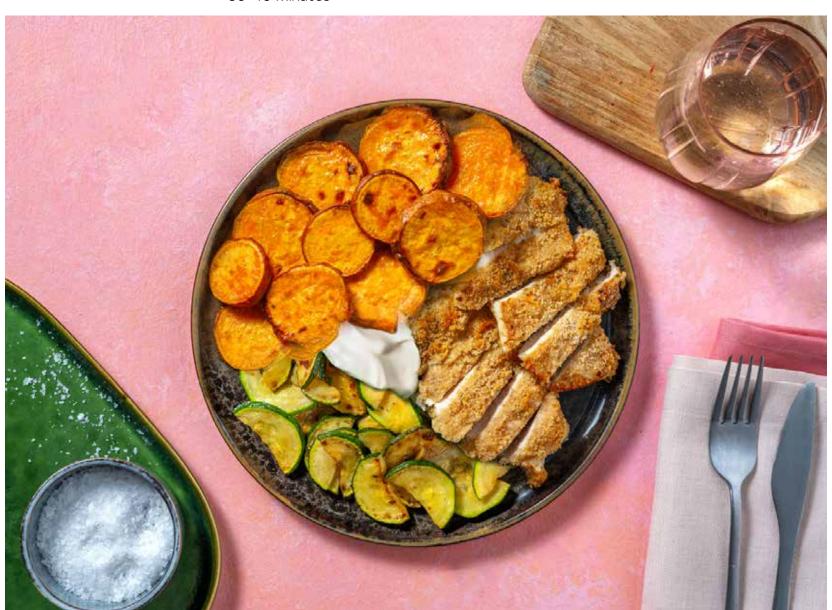


Breaded Ranch Chicken

with Sweet Potato Coins and Zucchini

30-40 Minutes









Chicken Breasts

Sweet Potato





Garlic Salt

Sour Cream







Mayonnaise

Italian Breadcrumbs







Zucchini

White Wine Vinegar



Green Onion

HELLO RANCH

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredie

Bust out

2 Baking sheets, medium bowl, measuring spoons, parchment paper, 2 small bowls, large non-stick pan, paper towels

Ingredients

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|---------------------|----------|----------|
| | 2 Person | 4 Person |
| Chicken Breasts • | 2 | 4 |
| Sweet Potato | 340 g | 680 g |
| Garlic Salt | 1 tsp | 2 tsp |
| Sour Cream | 3 tbsp | 6 tbsp |
| Mayonnaise | 4 tbsp | 8 tbsp |
| Italian Breadcrumbs | ⅓ cup | ½ cup |
| Zucchini | 200 g | 400 g |
| White Wine Vinegar | ½ tbsp | 1 tbsp |
| Green Onion | 1 | 2 |
| Sugar* | ½ tsp | 1 tsp |
| 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.





Roast sweet potato coins

- Cut **sweet potatoes** into ¼-inch rounds.
- Add sweet potatoes, ½ tsp garlic salt and
 1 tbsp oil to a parchment-lined baking sheet.
 (NOTE: For 4 ppl, use 2 baking sheets with
 ½ tsp garlic salt and 1 tbsp oil per sheet.)
 Season with pepper, then toss to coat.
- Roast **sweet potatoes** in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Make ranch

- Halve green onion lengthwise, then thinly slice.
- Add sour cream, mayo, half the green onions, half the vinegar (use all for 4 ppl), ½ tsp (1 tsp) sugar and ¼ tsp (½ tsp) garlic salt to a medium bowl. Season with pepper, then stir to combine.
- Reserve **2 tbsp** (4 tbsp) **ranch** in a small bowl and set aside. (**NOTE**: Reserved ranch will be used to coat chicken in step 4.)



Prep chicken

- Combine **breadcrumbs** and ½ **tbsp** (1 tbsp) **oil** in another small bowl.
- Pat **chicken** dry with paper towels.
- Carefully slice **each chicken breast** in half, parallel to the cutting board. (NOTE: You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
- Season chicken with salt and pepper.



Cook chicken

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet. Carefully wipe the pan clean.
- Spread reserved ranch evenly over tops of chicken. Top with breadcrumb mixture, pressing down gently to adhere.
- Roast chicken in the top of the oven, until cooked through, 10-12 min.**



Prep and cook zucchini

- Meanwhile, halve zucchini lengthwise, then cut into ¼-inch half-moons.
- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **zucchini**. Cook, stirring occasionally, until **zucchini** is tender-crisp, 4-5 min.
- Season with remaining garlic salt and pepper.



Finish and serve

- Thinly slice chicken.
- Divide chicken, sweet potato coins and zucchini between plates.
- Sprinkle **remaining green onions** over top.
- Serve **remaining ranch** alongside for dipping.

Dinner Solved!