



Breaded Ranch Chicken

with Sweet Potato Coins and Zucchini

30-40 Minutes



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Chicken Breasts



Sweet Potato



Garlic Salt



Sour Cream



Mayonnaise



Italian Breadcrumbs



Zucchini



White Wine Vinegar



Green Onion

HELLO RANCH

This tangy DIY ranch dressing is the perfect dip for chicken and potatoes!

Start here

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

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

Bust out

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

Ingredients

	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	¼ 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.



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1



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.)

4



Cook chicken

- Heat a large non-stick pan over medium-high 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.**

2



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.)

5



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**.

3



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**.

6



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!