

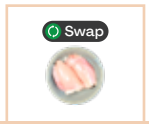


Cheddar-Crusted Chicken

with Sweet Potato Mash and Snap Peas

Date Night Special

30 Minutes



Chicken Thighs*

280 g | 560 g

Customized Protein

+ Add

Swap

or

*2 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](http://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Sweet Potato
2 | 4



Sour Cream
3 tbsp | 6 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Panko
Breadcrumbs
1/4 cup | 1/2 cup



Sugar Snap Peas
113 g | 227 g



Cheddar Cheese,
shredded
1/4 cup | 1/2 cup



Smoked Paprika-
Garlic Blend
1 tbsp | 2 tbsp

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 | 2 baking sheets, vegetable peeler, measuring spoons, potato masher, shallow dish, strainer, parchment paper, large pot, paper towels

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

[Swap](#) | **Chicken Thighs**

- Trim **snap peas**.
- Combine **panko**, **cheese** and **Smoked Paprika-Garlic Blend** in a shallow dish.
- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end.
- Open up **chicken** like a book, then season both sides with **salt** and **pepper**.

4



Roast snap peas

- Meanwhile, add **snap peas** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until golden-brown and tender, 6-8 min.

2



Cook chicken

- Coat one side of **each chicken breast** with **mayo**.
- Working with **one breast** at a time, firmly press mayo-coated side into **panko mixture** to adhere.
- Transfer to a parchment-lined baking sheet, coated-side up.
- Bake in the **middle** of the oven until cooked through, 18-20 min.**

3



Cook sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp** (2 tsp) **salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot.
- Cover and bring to a boil over high heat. Once boiling, reduce heat to medium.
- Simmer uncovered, stirring occasionally, until fork-tender, 10-12 min.

5



Mash sweet potatoes

- Drain and return **sweet potatoes** to the same pot, off heat.
- Mash **sour cream** and **1 tbsp** (2 tbsp) **butter** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **sweet potato mash**, **cheddar-crusted chicken** and **snap peas** between plates.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep

[Swap](#) | **Chicken Thighs**

If you've opted to get **chicken thighs**, no need to butterfly them. Simply coat, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken breasts****

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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