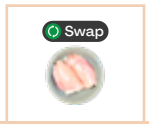




# Cheesy Stuffed Chicken and Sweet Potato Mash

## with Crunchy Spring Salad

Family Friendly 30-40 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](https://www.hellofresh.ca)



- Chicken Breasts\*  
2 | 4
- Sweet Potato  
2 | 4
- Cheddar Cheese, shredded  
1/4 cup | 1/2 cup
- Spring Mix  
56 g | 113 g
- White Wine Vinegar  
1 tbsp | 2 tbsp
- Crispy Shallots  
28 g | 56 g
- Cream Cheese  
1 | 2
- Garlic Salt  
1/2 tsp | 1 tsp

**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, sugar, oil, pepper, salt

**Cooking utensils** | Baking sheet, measuring spoons, potato masher, strainer, large bowl, parchment paper, small bowl, whisk, large pot, large non-stick pan, paper towels, vegetable peeler, colander

1



### Cook sweet potatoes

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

2



### Prep chicken

🔄 Swap | **Chicken Thighs**

- Meanwhile, mix together **cheddar cheese**, **half the cream cheese** and **half the crispy shallots** in a small bowl.
- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Carefully slice into the **centre of each breast**, parallel to cutting board, leaving 1-inch intact on the other end.
- Open up **each breast** like a book, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Divide **cheese filling** between **each breast**, then fold closed.
- Season **outside of chicken** with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.

3



### Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook until golden, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 14-16 min.\*\*

4



### Make salad dressing

- Meanwhile, whisk together **vinegar**, **1 tbsp** (2 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** in a large bowl.
- Season with **salt** and **pepper**, then set side.

5



### Mash sweet potatoes

- Mash **2 tbsp** (4 tbsp) **butter** and **remaining cream cheese** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- When **chicken** is done, transfer to a plate to rest, 3-5 min.
- Add **spring mix** to the bowl with **dressing**.
- Toss to combine.
- Divide **sweet potato mash**, **chicken** and **salad** between plates.
- Drizzle **any juices** left on the baking sheet over **chicken**.
- Sprinkle **remaining crispy shallots** over **salad**.

Measurements  
within steps

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

## 2 | Prep chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook it in the same way the recipe instructs you to 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.