



Cornflake-Crusted Chicken

with Sweet Potato Mash and Garlic-Maple Dip

Family

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Thighs/Leg



Maple Syrup



Sweet Potato



Mayonnaise



Corn Flakes



Garlic



Broccoli, florets



Lemon

HELLO MAPLE

Maple syrup helps to highlight the natural sweetness of the sweet potato

Start here

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

Bust Out

Baking sheet, vegetable peeler, measuring spoons, potato masher, shallow dish, silicone brush, strainer, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels, rolling pin

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Maple Syrup	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
Corn Flakes	1 cup	2 cup
Garlic	6 g	9 g
Broccoli, florets	227 g	454 g
Lemon	1	1
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

*** Minimum weight on chicken

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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 Prep coating

Add **cornflakes** to a large zip-top bag. Seal shut. Using a rolling pin, crush **cornflakes** into a breadcrumb-like texture. Add **crushed cornflakes** to a shallow dish. Add **6 cups water** and **2 tsp salt** to a large pot. Cover and bring to a boil over high heat. (**NOTE:** Use same for 4 ppl) Meanwhile, peel, then cut **sweet potatoes** into 1-inch pieces.



4 Prep & make maple dip

While **sweet potatoes** cook, cut **broccoli** into bite-sized pieces. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Mix together **half the maple syrup, remaining mayo, 1 tsp lemon zest, 1 ½ tsp lemon juice** and **¼ tsp garlic** (dbl all for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.



2 Coat chicken

While **water** boils, line a baking sheet with parchment paper and pat **chicken** dry with paper towels. Cut **chicken** into 3-inch pieces. Season with **salt** and **pepper**. Add **chicken** to the parchment-lined baking sheet. Brush **½ tbsp mayo** (dbl for 4 ppl) over tops of **chicken**, then press mayo-coated tops into **cornflakes**. Press any **remaining cornflake crumbs** on top, then drizzle **½ tbsp oil** (dbl for 4 ppl) over top.



5 Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** and **1 tbsp butter** (dbl both for 4 ppl). Stir together, until **butter** melts, 30 sec. Add **broccoli, remaining garlic** and **1 tbsp water** (dbl for 4 ppl). Stir together. Cover and cook, stirring occasionally, until **broccoli** is tender, 5-6 min. Season with **salt** and **pepper**.



3 Bake chicken & boil potatoes

Bake **chicken** in the **middle** of the oven, until cooked through, 20-25 min.** Add **sweet potatoes** to the **boiling water**. Cook, uncovered, until fork-tender, 12-15 min. Reserve **2 tbsp of potato water** (dbl for 4 ppl) before draining.



6 Finish and serve

When **potatoes** are done drain then return to the same pot. Using a potato masher, mash in **remaining maple syrup, reserved water** and **1 tbsp butter** (dbl for 4 ppl), until smooth. Season with **pepper**. Divide **broccoli, mash** and **chicken** between plates. Serve with **maple dip** on the side. Squeeze over a **lemon wedge** if desired.

Dinner Solved!