



Carb Smart Crusted Chicken and Carrot Mash

with Green Bean and Pepper Medley

Carb Smart 30 Minutes



Chicken Breasts



Carrot



Maple Syrup



Walnuts, chopped



Green Beans



Mayonnaise



Panko Breadcrumbs



Sweet Bell Pepper



Garlic, cloves

HELLO MAPLE SYRUP

Maple syrup helps to highlight the natural sweetness of the carrots!

Start here

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

Bust out

Baking sheet, vegetable peeler, colander, zester, measuring spoons, potato masher, shallow dish, large pot, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Carrot	340 g	680 g
Maple Syrup	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Green Beans	170 g	340 g
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Garlic, cloves	2	4
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.

† 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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Prep and crust chicken

Finely chop **walnuts**. Add **walnuts** and **breadcrumbs** to a shallow dish, then stir to combine. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



Bake chicken

Transfer **chicken** to a parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Bake in the **middle** of the oven, flipping halfway through, until cooked through, 16-18 min.**



Finish prep

While **chicken** bakes, peel then cut **carrot** into ¼-inch rounds. Trim **green beans**. Core, then cut **pepper** into ¼-inch slices. Peel, then mince or grate **garlic**.



Cook carrots

Add **carrots**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 14-15 min. Drain and return **carrots** to the same pot, off heat. Mash **1 tbsp maple syrup** and **2 tbsp butter** (dbl both for 4 ppl) into **carrots** until creamy. Season with **salt** and **pepper**.



Cook veggies

While **carrots** cook, heat a large non-stick pan over medium-high heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **1 tbsp oil** (dbl for 4 ppl), **peppers** and **garlic**. Cook, stirring often until **peppers** are tender-crisp, 3-4 min. Season with **salt** and **pepper**.



Finish and serve

Divide **carrot mash**, **chicken** and **veggies** between plates.

Dinner Solved!