



Greek Breaded Chicken

With Sweet Potato Fries and Chopped Salad

Family Friendly 30 Minutes



Chicken Breasts



Italian Breadcrumbs



Greek Yogurt



Mini Cucumber



Lemon



Feta Cheese, crumbled



Baby Tomatoes



Sweet Potato, fries



Garlic Puree



Mayonnaise



Lemon-Pepper Seasoning

HELLO LEMON PEPPER

A peppery spice blend with zippy lemon and zesty garlic!

Start here

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

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

2 Baking sheets, zester, measuring spoons, shallow dish, box grater, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Italian Breadcrumbs	¼ cup	½ cup
Greek Yogurt	100 ml	200 ml
Mini Cucumber	132 g	264 g
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Baby Tomatoes	113 g	227 g
Sweet Potato, fries	340 g	680 g
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Sugar*	¼ tsp	½ tsp
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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Cook sweet potato fries

Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.

(NOTE: For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway.)



Finish prep and toss salad

While **chicken** bakes, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Halve **tomatoes**. Coarsley grate **half the cucumber**. Cut **remaining cucumber** into ¼-inch rounds. Whisk **¼ tsp lemon zest**, **½ tbsp lemon juice** and **1 tbsp oil** (dbl all for 4 ppl) in a large bowl. Add **tomatoes**, **cucumber rounds** and **feta**. Season with **salt** and **pepper**, then toss to combine. Set aside.



Prep chicken

Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Combine **breadcrumbs** and **half the Lemon-Pepper Seasoning** (use all for 4ppl) in a shallow dish. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **breadcrumb mixture** to coat completely.



Make tzatziki

Stir together **yogurt**, **grated cucumber**, **remaining lemon juice** and **¼ tsp sugar** (dbl for 4 ppl) and **¼ tsp garlic puree** in a small bowl. (NOTE: Reference garlic guide.) Season with **salt** and **pepper**.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 3-4 min per side. Transfer to another parchment-lined baking sheet. Bake in the **top** of the oven until cooked through, 12-14 min.**



Finish and serve

Thinly slice **chicken**, if desired. Divide **chicken**, **sweet potato fries** and **salad** between plates. Serve **tzatziki** on the side for dipping. Serve **lemon wedges** alongside, if desired.

Dinner Solved!