



Almond-Crusted Chicken

with Maple Sweet Potato Mash

40 Minutes



Chicken Breasts



Almonds, sliced



Panko Breadcrumbs



Mayonnaise



Sweet Potato



Maple Syrup



Garlic



Broccoli, florets

HELLO ALMONDS

Crushed and tossed with panko for a nutty, crispy chicken coating!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Almonds, sliced	28 g	56 g
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Maple Syrup	2 tbsp	2 tbsp
Garlic	6 g	12 g
Broccoli, florets	227 g	454 g
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 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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Prep and make breading

Finely chop **almonds**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **panko** and **almonds**. Toast, stirring often, until golden, 2-3 min. Remove the pan from heat. Transfer **toasted panko and almond mixture** to a shallow dish. Season with **salt** and **pepper**, then stir to combine.



Cook broccoli

While **sweet potatoes** cook, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Heat the same pan (from step 1) over medium-high. When hot, add **broccoli** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl) and **garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Prep chicken

Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **almond-panko mixture** to coat completely. Transfer **coated chicken** to a parchment-lined baking sheet and drizzle with **½ tbsp oil** (dbl for 4 ppl).



Finish mash

When **sweet potatoes** are done, drain and return them to the same pot, off heat. Mash in **half the maple syrup** and **1 tbsp butter** (dbl both for 4 ppl) until smooth. Season with **salt** and **pepper**.



Bake chicken and start mash

Bake **chicken** in the **middle** of the oven until golden-brown and cooked through, 18-20 min.** While **chicken** bakes, peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes** with **1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) in 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.



Finish and serve

Divide **garlic broccoli**, **maple sweet potato mash** and **almond-crusted chicken** between plates.

Dinner Solved!