



# Almond-Crusted Chicken

with Maple Sweet Potato Mash

40 Minutes



Chicken Breasts



Almonds sliced



Panko Breadcrumbs



Mayonnaise



Sweet Potato



Maple Syrup



Garlic, cloves



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, measuring spoons, potato masher, shallow dish, 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, cloves	2	4
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 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 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. 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.



## Finish and serve

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

## Dinner Solved!