



# Almond-Crusted Chicken

## with Creamy Mash

Family Friendly 40 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



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Chicken Breasts



Chicken Thighs



Almonds, sliced



Panko Breadcrumbs



Mayonnaise



Yellow Potato



Garlic, cloves



Broccoli, florets



Zesty Garlic Blend

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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## 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
Chicken Thighs*	280 g	560 g
Almonds, sliced	28 g	56 g
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Yellow Potato	350 g	700 g
Garlic, cloves	2	4
Broccoli, florets	227 g	454 g
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
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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1



### Prep and make breading

- Finely chop **almonds**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **panko** and **almonds**. Toast, stirring often, until golden, 2-3 min.
- Remove from heat.
- Transfer **almond-panko mixture** to a shallow dish. Season with **salt** and **pepper**, then stir to combine.

4



### Make mash

- Meanwhile, peel, then cut **potatoes** into ½-inch pieces.
- Add **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.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **1 tbsp** (2 tbsp) **butter** and **¼ cup** (½ cup) **milk** into **potatoes** until smooth. Season with **salt** and **pepper**, to taste.

2



### Prep and coat 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. Season both sides with **salt** and **pepper**.
- Coat all over with **mayo**.
- Working with **one chicken breast** at a time, press both sides into **almond-panko mixture** to coat completely.

If you've opted to get **chicken thighs**, no need to butterfly them. Coat and cook them in the same way the recipe instructs you to coat and cook the **chicken breasts**.

5



### Cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.
- Heat the same pan (from step 1) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, swirl the pan until melted, 1 min.
- Add **broccoli**, **garlic**, **Zesty Garlic Blend** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**, then stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min.

3



### Roast chicken

- Transfer **coated chicken** to a parchment-lined baking sheet and drizzle with **½ tbsp** (1 tbsp) **oil**.
- Roast **chicken** in the **middle** of the oven, until golden-brown and cooked through, 18-20 min.\*\*

6



### Finish and serve

- Divide **garlic broccoli**, **creamy mash** and **almond-crusted chicken** between plates.

## Dinner Solved!