



Cheddar Crusted Chicken

with Sweet Potato Mash and Green Beans

30 Minutes



Chicken Breasts



Sweet Potato



Cheddar Cheese,
shredded



Smoked Paprika-
Garlic Blend



Sour Cream



Mayonnaise



Panko Breadcrumbs



Green Beans

HELLO PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs give the chicken an irresistibly light and airy crunch.

Start here

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

Bust Out

2 Baking sheets, vegetable peeler, measuring spoons, potato masher, shallow dish, colander, parchment paper, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Sweet Potato	340 g	680 g
Cheddar Cheese, shredded	¼ cup	½ cup
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sour Cream	6 tbsp	12 tbsp
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Green Beans	170 g	340 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

Trim **green beans**. Combine **panko**, **cheese** and **paprika-garlic blend** in a shallow dish. Pat the **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season both sides with **salt** and **pepper**.



Roast beans

Toss the **green beans** and **1 tbsp oil** (dbl for 4 ppl) on another baking sheet. Season with **salt** and **pepper**. Roast in the **top** of the oven, until golden-brown and tender, 6-8 min.



Cook chicken

Coat one side of the **chicken** with **mayo**. Working with **one chicken breast** at a time, press the **mayo-coated** side into **panko mixture**, pressing firmly to adhere. Transfer **chicken** to a parchment-lined baking sheet, coated side up. Bake **chicken** in the **middle** of the oven, until cooked through, 18-20 min.**



Finish potatoes

Drain and return **potatoes** to the same pot, off heat. Using a masher, mash **sour cream** and **1 tbsp butter** (dbl for 4 ppl) into **sweet potatoes**, until smooth. Season with **salt** and **pepper**.



Start sweet potatoes

While the **chicken** bakes, peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1-2 inches) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



Finish and serve

Divide the **sweet potato mash**, **cheddar crusted chicken**, **chicken** and **green beans** between plates.

Dinner Solved!