



Cheddar Crusted Chicken

with Sweet Potato Mash and Green Beans

Quick

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 | 340 g | 680 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.

♦ 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

Trim **green beans**. Combine **panko**, **cheddar cheese** and **Smoked Paprika-Garlic Blend** in a shallow dish. Pat the **chicken** dry with paper towels. Carefully slice into the 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 the **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**, and **green beans** between plates.

Dinner Solved!