



Cheddar-Crusted Chicken

with Sweet Potato Mash and Green Beans

30 Minutes



Chicken Breasts



Chicken Thighs



Sweet Potato



Sour Cream



Mayonnaise



Panko Breadcrumbs



Green Beans



Cheddar Cheese, shredded



Smoked Paprika-Garlic Blend

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!

HELLO PANKO

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, strainer, parchment paper, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Sweet Potato	340 g	680 g
Sour Cream	6 tbsp	12 tbsp
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Green Beans	170 g	340 g
Cheddar Cheese, shredded	¼ cup	½ cup
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
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 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.

Contact

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Prep

- Trim **green beans**.
- Combine **panko**, **cheese** and **Smoked Paprika-Garlic Blend** in a shallow dish.
- Pat **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**.

If you've opted to get **chicken thighs**, no need to butterfly them. Simply pat **chicken thighs** dry with paper towels, then season with **salt** and **pepper**.



Roast green beans

- Meanwhile, add **green beans** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until golden-brown and tender, 6-8 min.



Cook chicken

- Coat one side of **each chicken breast** with **mayo**.
- Working with **one chicken breast** at a time, firmly press **mayo-coated side** into **panko mixture** 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.**

Coat and cook the **chicken thighs** in the same way the recipe instructs you to coat and cook the **chicken breasts**.



Mash sweet potatoes

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



Cook sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1-2 inches) to 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 **sweet potato mash**, **cheddar-crusted chicken** and **green beans** between plates.

Dinner Solved!