



# Cheesy Stuffed Chicken and Sweet Potato Mash with Crunchy Spring Salad

Family Friendly

35 Minutes



Chicken Breasts



Sweet Potato



Cheddar Cheese, shredded



Spring Mix



White Wine Vinegar



Crispy Shallots



Cream Cheese



Garlic Salt



Chives

## HELLO CRISPY SHALLOTS

*This crunchy topping adds savoury flavour and extra oomph to just about anything!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, strainer, potato masher, large bowl, parchment paper, small bowl, whisk, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Potato	340 g	680 g
Cheddar Cheese, shredded	¼ cup	½ cup
Spring Mix	56 g	113 g
White Wine Vinegar	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Cream Cheese	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Chives	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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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## Cook sweet potatoes

- 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.
- Drain and return **sweet potatoes** to the same pot, off heat.



## Make salad dressing

- Meanwhile, whisk together **vinegar**, **1 tbsp oil** and **½ tsp sugar** (dbl both for 4 ppl) in a large bowl.
- Season with **salt** and **pepper**, then set side.



## Prep chicken

- Meanwhile, thinly slice **chives**.
- Mix together **cheddar cheese**, **cream cheese**, **half the crispy shallots** and **half the chives** in a small bowl.
- Pat **chicken** dry with paper towels.
- Carefully slice into centre of **each breast**, parallel to cutting board, leaving 1-inch intact on the other end.
- Open up **each breast** like a book, then season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Divide **cheese filling** between **each breast**, then fold closed. Season outside of **chicken** with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



## Mash sweet potatoes

- Mash **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth.
- Stir in **remaining chives**.
- Season with **salt** and **pepper**, to taste.



## Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until **chicken** is cooked through, 14-16 min.\*\*



## Finish and serve

- When **chicken** is done, transfer to a plate to rest for 3-5 min.
- Add **spring mix** to the bowl with **dressing**.
- Toss to combine.
- Divide **sweet potato mash**, **chicken** and **salad** between plates.
- Drizzle **any juices** left on the baking sheet over **chicken**.
- Sprinkle **remaining crispy shallots** over **salad**.