



Hello  
FRESH



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2017

## Chicken Almond Milanese

with Roasted Sweet Potato Wedges and Broccoli

*Milanesa* is a cooking technique common in South American countries where thin pieces of meat are breaded and cooked. Japanese-style panko breadcrumbs is what gives this chicken the signature crispy coating!

 Prep  
30 min

 level 1



Chicken Breast



Sweet Potato



Almonds



Broccoli



Lemon



Mayonnaise



Panko Breadcrumbs

## Ingredients

Chicken Breast, butterflied		2 pkg (680 g)
Sweet Potato, wedges		1 pkg (680 g)
Almonds, sliced and toasted	1)	1 pkg (56 g)
Broccoli, rosettes		2 pkg (454 g)
Lemon		1
Mayonnaise	2) 3)	4 pkg (4 tbsp)
Panko Breadcrumbs	4)	1 pkg (1 cup)
Olive or Canola Oil*		

4 People

\*Not Included

## Allergens

- 1) Tree nuts/Noix
- 2) Egg/Oeuf
- 3) Soy/Soja
- 4) Wheat/Blé

## Tools

2 Baking Sheets, Zester, Small Bowl, Large Non-Stick Pan

**Nutrition per person** Calories: 640 cal | Fat: 24 g | Protein: 51 g | Carbs: 58 g | Fibre: 10 g | Sodium: 475 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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**1 Preheat your oven to 450°F (to roast the sweet potatoes and broccoli.) Start prepping when your oven comes up to temperature!**

**2 Bake the sweet potatoes: Wash and dry all produce.** Toss the **sweet potatoes** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, turning the wedges over halfway through cooking, until golden-brown, 25-28 min. (**NOTE:** The sweet potatoes won't be as crispy as deep-fried fries!)



**3 Roast the broccoli:** Meanwhile, toss the **broccoli** on another baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden, 18-20 min.

**4 Prep the chicken:** Meanwhile, zest, then cut the **lemon** into wedges. On a large plate, mix the **mayonnaise** and **lemon zest**. Add the **panko** to a shallow dish. Dry the **chicken** with paper towels, then season with **salt** and **pepper**. Coat the chicken in the **mayo-lemon mixture**. Working one at a time, press each breast into the panko to coat completely.



**5 Cook the chicken:** Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown and cooked through, 4-5 min per side. (Cook in batches if necessary so you don't crowd the pan.) (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a paper towel-lined plate.

**6 Finish and serve:** Slice the **chicken** into strips, and serve with the **broccoli** and **sweet potato wedges** on the side. Squeeze a wedge of **lemon** over the chicken and sprinkle with the **toasted almonds**. Enjoy!

**SERVING TIP:** We suggest serving some honey as a dipping sauce if your kids so desire!

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