



Chicken and Sage Sweet Potato Mash

with Chili Maple Butter

Discovery

Spicy

30 Minutes



Chicken Tenders



Sweet Potato



All-Purpose Flour



Sage



Panko Breadcrumbs



Mayonnaise



Maple Syrup



Sour Cream



Green Beans



Chili Garlic Sauce



Garlic Puree

HELLO MAPLE SYRUP

Maple syrup helps to highlight the natural sweetness of sweet potatoes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 baking sheets, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, parchment paper, small pot, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Sweet Potato	340 g	680 g
All-Purpose Flour	2 tbsp	4 tbsp
Sage	7 g	14 g
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Green Beans	170 g	340 g
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Garlic Puree	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 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (by approx. 1-2 inches) in 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. While **sweet potatoes** cook, pick **sage** leaves from stems, then roughly chop. Trim **green beans**.



Roast green beans and make maple butter

Add **green beans** and **½ tbsp oil** (dbl for 4 ppl) to another baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **bottom** of the oven until tender-crisp, 12-13 min. While **green beans** roast, heat a small pot over low heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), **maple syrup** and **chili garlic sauce**. Cook, stirring often, until warmed through, 1-2 min. Set aside.



Coat chicken

Combine **panko**, **flour**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a shallow dish. Pat **chicken** dry with paper towels, then season all over with **salt** and **pepper**. Coat **chicken** all over with **mayo**. Working with **one tender** at a time, press **each tender** into **panko mixture** to coat completely



Mash sweet potatoes

Drain and return **sweet potatoes** to the same pot, off heat. Mash **sour cream**, **sage** and **garlic puree** into **sweet potatoes** until smooth. Season with **salt** and **pepper**.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil**, then **chicken**. Cook until golden-brown, 2-3 min per side. Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven, flipping halfway through, until cooked through, 12-14 min. **



Finish and serve

Divide **chicken**, **sweet potato mash** and **green beans** between plates. Drizzle **chili maple butter** over **chicken**.

Dinner Solved!