

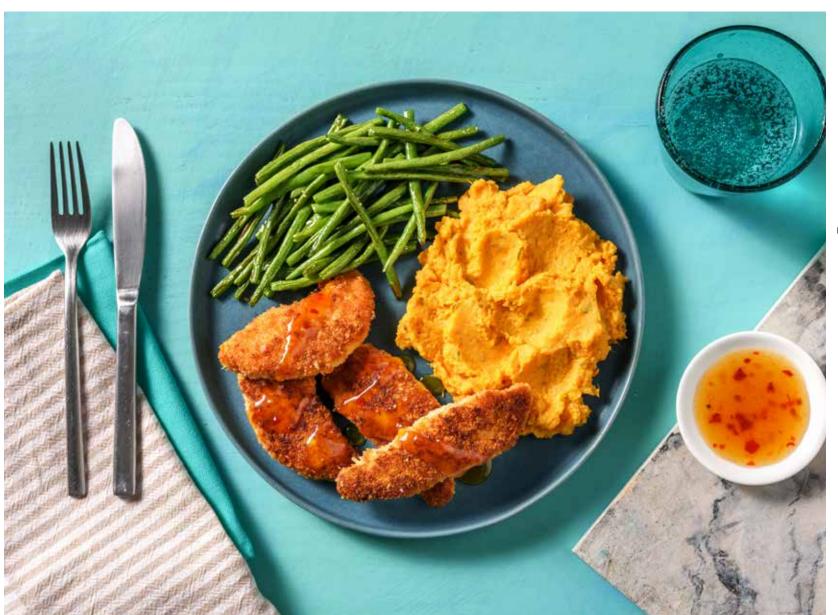
# Chicken and Sage Sweet Potato Mash

with Chili Maple Butter

Discovery

Spicy

30 Minutes





Chicken Tenders





All-Purpose Flour







Panko Breadcrumbs



Maple Syrup



Sour Cream



Green Beans



Chili Garlic Sauce



Garlic Puree

**HELLO MAPLE SYRUP** 

## 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

9		
	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**.



#### 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



#### Cook chicken

Heat a large non-stick pan over mediumhigh 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.\*\*



# 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.



# 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**.



## Finish and serve

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

# **Dinner Solved!**