



Coat 'n' Roast Chicken Dinner

with Smashed Potatoes and Broccoli

30 Minutes



Chicken Breasts



Italian Breadcrumbs



Chicken Salt



Garlic, cloves



Russet Potato



Broccoli, florets



Mayonnaise



BBQ Sauce

HELLO CHICKEN SALT

This beloved Aussie mix adds big umami flavour to everything it touches!

Start here

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

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, parchment paper, large pot, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|---------------------|----------|----------|
| Chicken Breasts ♦ | 2 | 4 |
| Italian Breadcrumbs | 4 tbsp | 8 tbsp |
| Chicken Salt | 1 tbsp | 2 tbsp |
| Garlic, cloves | 3 | 6 |
| Russet Potato | 460 g | 920 g |
| Broccoli, florets | 227 g | 454 g |
| Mayonnaise | 2 tbsp | 4 tbsp |
| BBQ Sauce | 4 tbsp | 8 tbsp |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Milk* | 3 tbsp | 6 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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1 Prep

- Peel, then mince or grate **garlic**.
- Cut **broccoli** into bite-sized pieces.
- Add **broccoli, garlic** and **1 tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside.
- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).



4 Make smashed potatoes

- While **chicken** and **broccoli** roast, cover **potatoes** 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 **potatoes** to the same pot, off heat.
- Roughly mash **2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.



2 Prep chicken

- Combine **breadcrumbs** and **chicken salt** in a shallow dish.
- Pat **chicken** dry with paper towels, then season with **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with **one chicken breast** at a time, press both sides into **breadcrumb mixture** to coat completely.



5 Finish and serve

- Thinly slice **chicken**.
- Divide **chicken, broccoli** and **smashed potatoes** between plates.
- Serve **BBQ sauce** on the side for dipping.

Dinner Solved!



3 Roast chicken and broccoli

- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to the other side of the baking sheet with **broccoli**. (**NOTE:** For 4 ppl, transfer chicken to a second parchment-lined baking sheet.)
- Roast in the **middle** of the oven until **broccoli** is tender-crisp and **chicken** is cooked through, 12-14 min. (** **NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)