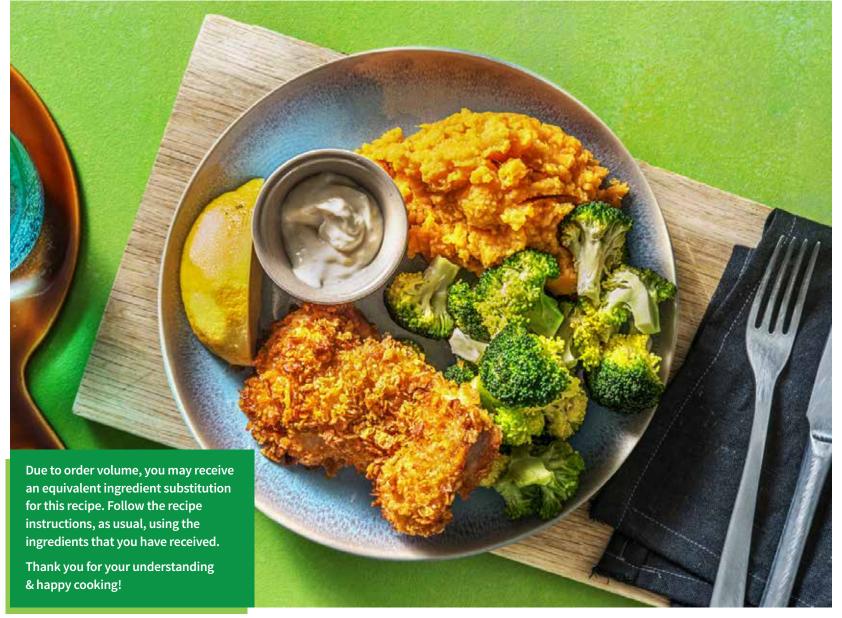


Cornflake-Crusted Chicken

with Sweet Potato Mash and Garlic-Maple Dip

Family

35 Minutes





Chicken Thighs/Leg







Sweet Potato







Corn Flakes



Broccoli, florets



Lemon

HELLO MAPLE

Start here

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

Bust Out

Baking sheet, vegetable peeler, measuring spoons, potato masher, shallow dish, silicone brush, strainer, zester, parchment paper, small bowl, large pot, large non-stick pan, rolling pin

Ingredients

9		
	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Maple Syrup	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
Corn Flakes	1 cup	2 cup
Garlic	6 g	9 g
Broccoli, florets	227 g	454 g
Lemon	1	1
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper*

- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- *** Minimum weight on chicken

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.

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Coat chicken

Add **cornflakes** to a large zip-top bag. Seal shut. Using a rolling pin, crush **cornflakes** into a breadcrumb-like texture. Add **crushed cornflakes** to a shallow dish. Season with **salt** and **pepper**. Brush ½ **tbsp mayo** (dbl for 4 ppl) over tops of **chicken**, then press **mayocoated tops** into **cornflakes**.



Bake chicken

Add **chicken** to a parchment-lined baking sheet. Press any **remaining cornflake crumbs** on top, then drizzle ½ **tbsp oil** (dbl for 4 ppl) over top. Bake **chicken** in the **middle** of the oven, until cooked through, 20-25 min.**



Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1-2 inches) in a large pot. (NOTE: Use same for 4 ppl.) Cover and bring to a boil over high heat.



Finish prep

While **sweet potatoes** cook, cut **broccoli** into bite-sized pieces. Zest, then cut **lemon** into wedges. Peel, then mince or grate **garlic**. Mix together **half the maple syrup**, **remaining mayo**, **1 tsp lemon zest** and **¼ tsp garlic** (dbl both for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.



Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil and 1 tbsp butter (dbl both for 4 ppl). Stir together, until butter melts, 30 sec. Add broccoli, remaining garlic and 1 tbsp water (dbl for 4 ppl). Stir together. Cover and cook, stirring occasionally, until broccoli is tender, 5-6 min. Season with salt and pepper.



Finish and serve

Reserve 2 tbsp of potato water (dbl for 4 ppl), then drain and return sweet potatoes to the same pot, off heat. Using a potato masher, mash in remaining maple syrup, reserved water and 1 tbsp butter (dbl for 4 ppl), until smooth. Season with pepper. Divide broccoli, mash and chicken between plates. Serve with maple dip on the side. Squeeze over a lemon wedge if desired.

Dinner Solved!

^{*} Pantry items