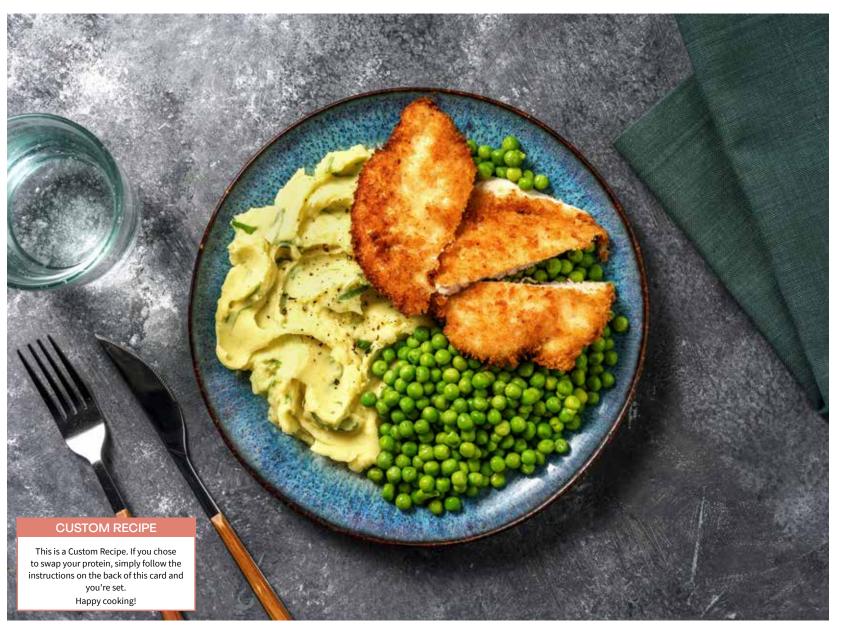


# Crispy Parm Chicken and Herby Mash

with Buttered Peas

Quick

25 Minutes





**Chicken Breasts** 





Russet Potato



Panko Breadcrumbs

Parmesan Cheese, shredded



Mayonnaise





**Grean Peas** 





Green Onion



# Start here

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

#### **Bust out**

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

# Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Thighs •	280 g	560 g
Russet Potato	460 g	920 g
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, shredded	⅓ cup	½ cup
Green Peas	113 g	227 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Green Onion	1	2
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	3 tbsp	6 tbsp
Oil*		

- \* 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

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

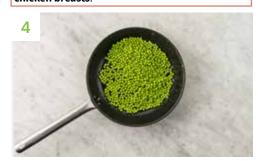




#### **Bread chicken**

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**.
- Stir together **panko** and **Parmesan cheese** in a shallow dish.
- Coat chicken all over with mayo. Working with one chicken breast at a time, press both sides into panko mixture to coat completely.

If you've opted to get **chicken thighs**, no need to butterfly them. Simply pat dry with paper towels, then coat and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



## Cook peas

- Meanwhile, heat the same pan (from step 2) over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **peas**.
- Cook, stirring often, until tender-crisp, 3-4 min
- Season with salt and pepper, to taste.



#### Cook chicken

- Heat a large non-stick pan over mediumhigh heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.\*\*



# Cook potatoes

- Meanwhile, 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). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



## Finish potatoes

- Thinly slice green onion.
- 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 mashed.
- Add **Dill Garlic Spice Blend** and **green onions**. Season with **salt** and **pepper**, then stir to combine.



### Finish and serve

• Divide **mash**, **chicken** and **peas** between plates.

# **Dinner Solved!**