



Crispy Parm Chicken and Herby Mash

with Buttered Peas

Quick 25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Breasts



Chicken Thighs



Russet Potato



Panko Breadcrumbs



Mayonnaise



Parmesan Cheese, shredded



Green Peas



Dill-Garlic Spice Blend



Green Onion

HELLO GREEN ONION

Another common name for this allium is scallion!

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

	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	¼ 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*		
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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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 medium-high 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.**



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.



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 and serve

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

Dinner Solved!