



Crispy-Skinned Chicken and Biscuits

with Green Beans and Sweet Potato Mash

Special

55 Minutes



Spatchcock Chicken



All-Purpose Flour



Baking Powder



Mayonnaise



Sour Cream



Green Onion



Maple Syrup



Sweet Potato



BBQ Seasoning



Green Beans



Cheddar Cheese, shredded



Sweet Bell Pepper



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HELLO DIY BISCUITS

Cheesy, flaky biscuits are as easy as 1-2-3!

Start here

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

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, aluminum foil, large bowl, parchment paper, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Spatchcock Chicken*	½	1
All-Purpose Flour	1 ½ cups	3 cups
Baking Powder	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	6 tbsp	12 tbsp
Green Onion	2	2
Maple Syrup	1 tbsp	2 tbsp
Sweet Potato	510 g	1020 g
BBQ Seasoning	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Cheddar Cheese, shredded	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
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

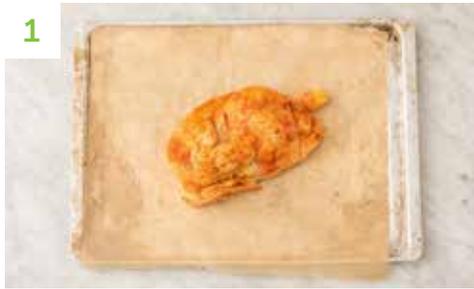
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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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Roast chicken

- Pat **chicken** dry with paper towels, then arrange on a parchment-lined baking sheet.
- Season with **salt, pepper** and **BBQ Seasoning**. Drizzle with **1 tbsp oil** (dbl for 4 ppl).
- Roast **chicken** in the **top** of the oven until golden-brown and cooked through, 35-40 min.**



Bake biscuits

- Cut **biscuit dough disc** into **8 equal wedges**. (NOTE: You will have 16 wedges for 4 ppl.)
- Transfer **biscuits** to another parchment-lined baking sheet.
- Bake in the **middle** of the oven until puffed up and golden on the bottom, 12-15 min.



Cook sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes, 1 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-high. Simmer uncovered until fork-tender, 10-12 min.



Cook veggies

- Meanwhile, trim **green beans**.
- Core, then cut **pepper** into ¼-inch slices.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **green beans, peppers** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **½ tbsp oil** (dbl for 4 ppl). Cook, stirring often, until **veggies** are coated, 1 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover with foil to keep warm.



Make biscuit dough

- Meanwhile, thinly slice **green onions**.
- Stir together **mayo, sour cream, green onions, cheese, baking powder, 2 tbsp water, 1 tsp sugar** and **½ tsp salt** (dbl all for 4 ppl) in a large bowl.
- Add **flour**, then stir until just combined.
- Using your hands, form **dough** into a **loose ball**. Flatten **dough**, pressing into a **1-inch-thick disc**. (NOTE: For 4 ppl, halve dough and make 2 discs.)



Finish and serve

- When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **half the maple syrup** (use all for 4 ppl) and **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.
- Carve **chicken**.
- Divide **mash, chicken, veggies** and **biscuits** between plates.

Dinner Solved!