



# Golden Breaded Chicken

with Sweet Potato Wedges and Honey Mustard

Family Friendly 30 Minutes



Chicken Breasts



Sweet Potato



Mini Cucumber



Southwest Spice Blend



Panko Breadcrumbs



Mayonnaise



Honey



Dijon Mustard



Red Wine Vinegar



Spring Mix

HELLO HONEY

*A naturally sweet ingredient that's a great sugar alternative!*

## Start here

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

## Bust out

2 Baking sheets, medium bowl, measuring spoons, shallow dish, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Potato	340 g	680 g
Mini Cucumber	66 g	132 g
Southwest Spice Blend	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	2 tbsp	4 tbsp
Honey	2 tbsp	4 tbsp
Dijon Mustard	2 tbsp	4 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Sugar*	½ tsp	1 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 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.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Roast sweet potatoes

Cut **sweet potatoes** into ½-inch wedges. Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt, pepper** and **half the Southwest Spice Blend**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-24 min.



## Make honey mustard

While **chicken** roasts, add **honey** and **1 ½ tbsp Dijon** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Prep and coat chicken

While **sweet potatoes** roast, add **panko** to a shallow dish. 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**. Add **chicken, remaining Southwest Spice Blend** and **mayo** to a medium bowl, then toss to coat. Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



## Make dressing

Add **vinegar, remaining Dijon, ½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **breaded chicken**. Pan-fry until golden-brown, 1-2 min per side. (**TIP:** Cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer **chicken** to another parchment-lined baking sheet. Roast **chicken** in the **top** of the oven until cooked through, 12-14 min.\*\*



## Finish and serve

Thinly slice **cucumbers**. Add **spring mix** and **cucumbers** to the large bowl with dressing, then toss to combine. Thinly slice **chicken**. Divide **chicken, sweet potatoes** and **salad** between plates. Serve **honey mustard** on the side for dipping.

## Dinner Solved!