



Golden Breaded Chicken

with Sweet Potato Wedges and Honey Mustard

Family Friendly 30 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 Thighs



Chicken Breasts



Sweet Potato



Roma Tomato



Spring Mix



Seasoned Salt



Panko Breadcrumbs



Mayonnaise



Parmesan Cheese, shredded



Honey



Dijon Mustard



Red Wine Vinegar

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 Thighs*	280 g	560 g
Chicken Breasts*	2	4
Sweet Potato	340 g	680 g
Roma Tomato	80 g	160 g
Spring Mix	56 g	113 g
Seasoned Salt	½ tbsp	1 tbsp
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Honey	2 tbsp	4 tbsp
Dijon Mustard	2 tbsp	4 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
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 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 sweet potato wedges

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 **half the seasoned salt** and **pepper**, 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 potato wedges** roast, add **panko** and **Parmesan** to a shallow dish. Pat **chicken** dry with paper towels. Season both sides with **remaining seasoned salt** and **pepper**. Add **chicken** and **mayo** to a medium bowl, then toss to coat. Working with **one piece of chicken** at a time, press both sides into **panko mixture** to coat completely.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



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. (**NOTE:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.) Transfer **chicken** to another parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 12-14 min.**



Finish and serve

Cut **tomato** into bite-sized pieces. Add **spring mix** and **tomatoes** to the large bowl with **dressing**, then toss to combine. Thinly slice **chicken**. Divide **chicken**, **sweet potato wedges** and **salad** between plates. Serve **honey mustard** on the side for dipping.

Dinner Solved!