



Herb-Crusted Honey-Mustard Chicken

with Kale and Roasted Sweet Potato Salad

FAMILY 35 Minutes



Chicken Breasts



Honey



Dijon Mustard



Italian Breadcrumbs



Italian Seasoning



Balsamic Vinegar



Sweet Potato



Kale Slaw



Seed Blend

HELLO ROASTED SWEET POTATOES

Roasting sweet potatoes creates the perfect caramelized exterior.

Start Strong

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

Bust Out

2 Baking Sheets, Large Bowl, Paper Towels, Whisk, Measuring Spoons, 2 Small Bowls, Small Non-Stick Pan, Parchment Paper

Ingredients

	4 Person
Chicken Breasts	4
Honey	2 tsp
Dijon Mustard	1 tbsp
Italian Breadcrumbs	¼ cup
Italian Seasoning	1 tbsp
Balsamic Vinegar	2 tbsp
Sweet Potato	680 g
Kale Slaw	113 g
Seed Blend	28 g
Sugar*	1 tsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.



1. ROAST SWEET POTATOES

Cut **sweet potatoes** into ½-inch pieces. Toss **sweet potatoes** and **half the Italian seasoning** with **1 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway through cooking, until golden-brown and tender, 18-20 min.



4. TOAST SEEDS

While **chicken** cooks, heat a small non-stick pan over medium heat. When hot, add **seed blend** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Remove pan from the heat and set aside.



2. PREP CHICKEN & COATING

While **sweet potatoes** roast, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Arrange on another parchment-lined baking sheet. Set aside. Whisk together **honey** and **mustard** in a small bowl. Mix **breadcrumbs**, **remaining Italian seasoning** and **2 tsp oil** in another small bowl.



3. COAT & BAKE CHICKEN

Coat the top of the **chicken** with **honey-mustard mixture**, then sprinkle over **breadcrumb mixture**, pressing gently to stick. Bake **chicken** in **bottom** of oven, until golden-brown and cooked through, 20-25 min. **



5. MAKE SALAD

Whisk together **vinegar**, **1 tsp sugar** and **4 tbsp oil** in a large bowl. Toss in **kale slaw** and **sweet potatoes**. Season with **salt** and **pepper**. Set aside.



6. FINISH AND SERVE

Divide **chicken**, **sweet potato** and **kale salad** between plates. Sprinkle **seed blend** over the **salad**.

Dinner Solved!

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