



Honey-Garlic Chicken

with Garlicy Zucchini and Sweet Potato Mash

30 Minutes



Chicken Thighs/Leg



Garlic Salt



Honey



Sweet Potato



Chives



Zucchini



Soy Sauce



Garlic

HELLO DIY HONEY-GARLIC

Golden sweet honey combines with garlic salt for a DIY sticky coating!

Start here

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

Bust Out

Baking sheet, measuring spoons, potato masher, strainer, large bowl, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	310 g***	620 g***
Garlic Salt	¼ tsp	½ tsp
Honey	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Chives	7 g	14 g
Zucchini	400 g	800 g
Soy Sauce	1 tbsp	2 tbsp
Garlic	3 g	6 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

*** Minimum weight on chicken

♦ 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.

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Boil sweet potatoes

Peel, then cut the **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1-2 inches) in a large pot. (**NOTE:** 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. Drain and return to same pot.



Cook zucchini

While the **chicken** bakes, add the **zucchini** to the same pan. Cook, stirring occasionally, until tender-crisp 3-4 min. Remove from the heat, then stir in **half the chives**. Season with **salt** and **pepper**. Set aside.



Prep

While the **sweet potatoes** cook, cut the **zucchini** into ½-inch half-moons. Finely chop the **chives**. Peel, then mince the **garlic**. Pat the **chicken** dry with paper towels, then season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Set aside.



Finish sweet potatoes

Using a potato masher, mash **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes**, until smooth. Stir in the **remaining chives**. Season with **salt** and **pepper**. Set aside. Stir together the **honey**, **soy sauce** and **garlic** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Set aside.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dlb for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to a baking sheet. Bake, in the **middle** of the oven, until cooked through, 10-12 min.**



Finish and serve

When the **chicken** is finished cooking, toss in the large bowl with the **honey-garlic sauce**. Divide the **sweet potato mash**, **zucchini** and **honey-garlic chicken** between plates. Drizzle any **remaining honey-garlic sauce** over the **chicken**.

Dinner Solved!