



Honey-Garlic Chicken

with Zucchini and Sweet Potato Mash

30 Minutes



Chicken Breasts



Garlic Salt



Honey



Sweet Potato



Zucchini



Chives



Garlic



Soy Sauce

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, small bowl, large pot, large non-stick pan, paper towels, vegetable peeler, grater

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Garlic Salt	1 tsp	2 tsp
Honey	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Zucchini	400 g	800 g
Chives	7 g	14 g
Garlic	3 g	6 g
Soy Sauce	1 tbsp	2 tbsp
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.

♦ 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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Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1 inch) in a large pot (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 **sweet potatoes** to the same pot, off heat.



Cook zucchini

While **chicken** bakes, heat the same pan over medium. When hot, add **zucchini** and **remaining garlic salt**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Remove pan from heat, then stir in **half the chives**. Season with **pepper**. Set aside.



Prep

While **sweet potatoes** cook, cut **zucchini** into ½-inch half-moons. Finely chop **chives**. Peel, then finely grate **garlic**. Add **honey**, **soy sauce** and **garlic** to a small bowl. Season with **pepper**, then stir to combine. Set aside.



Finish potatoes

Mash **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes**, until smooth. Season with **salt** and **pepper**, then stir in **remaining chives**.



Cook chicken

Pat **chicken** dry with paper towels, then season with **half the garlic salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **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 **chicken** is done, drizzle **honey mixture** from the small bowl over top, then toss to coat. Thinly slice **chicken**. Divide **sweet potato mash**, **zucchini** and **honey-garlic chicken** between plates. Drizzle any **remaining honey-garlic sauce** on the baking sheet over **chicken**.

Dinner Solved!