



# Honey Garlic Chicken

with Zucchini and Sweet Potato Mash

30 Minutes



Chicken Breasts



Garlic Salt



Honey Garlic Sauce



Sweet Potato



Zucchini



Chives



Garlic, cloves

## HELLO HONEY GARLIC SAUCE

*Golden sweet honey combines with garlic and a hint of soy for a sticky coating!*

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Garlic Salt	1 tsp	2 tsp
Honey Garlic Sauce	4 tbsp	8 tbsp
Sweet Potato	340 g	680 g
Zucchini	400 g	800 g
Chives	7 g	7 g
Garlic, cloves	1	2
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 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.*

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## Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1 inch) to 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

Meanwhile, heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini** and **remaining garlic salt**. Cook, stirring occasionally, until **zucchini** is tender-crisp, 4-5 min. Stir in **half the chives**. Season with **pepper**, to taste. Transfer **zucchini** to a plate and cover to keep warm.



## Prep

Meanwhile, halve **zucchinis** lengthwise, then cut into ½-inch-thick half-moons. Thinly slice **chives**. Peel, then finely grate **garlic**.



## Make sauce and mash sweet potatoes

Add **garlic** to the same pan. Cook, stirring constantly, until fragrant, 1 min. Remove the pan from heat, then add **honey garlic sauce**. Stir to combine, then set aside. Once **sweet potatoes** are tender, 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 golden-brown, 2-3 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.\*\*



## Finish and serve

When **chicken** is done, transfer to the pan with **honey garlic sauce**, then toss to coat. Divide **sweet potato mash, zucchini** and **honey garlic chicken** between plates. Drizzle **any remaining honey garlic sauce** from the pan over **chicken**.

## Dinner Solved!