



# Honey-Garlic Chicken

with Zucchini and Sweet Potato Mash

30 Minutes



Chicken Breasts



Garlic Salt



Honey



Sweet Potato



Zucchini



Chives



Garlic, cloves



Soy Sauce

HELLO HONEY

*A naturally sweet ingredient that's a great sugar alternative!*

## 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, small bowl, large pot, large non-stick pan, paper towels

## 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	7 g
Garlic, cloves	1	2
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 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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## Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-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, then cover to keep warm.



## Prep and make honey-garlic sauce

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice **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.



## Mash sweet potatoes

- When **sweet potatoes** are fork-tender, mash **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste, 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, drizzle **honey-garlic sauce** from over top, then toss to coat.
- Divide **sweet potato mash**, **zucchini** and **honey-garlic chicken** between plates.
- Drizzle **any remaining honey-garlic sauce** from the baking sheet over **chicken**.

## Dinner Solved!