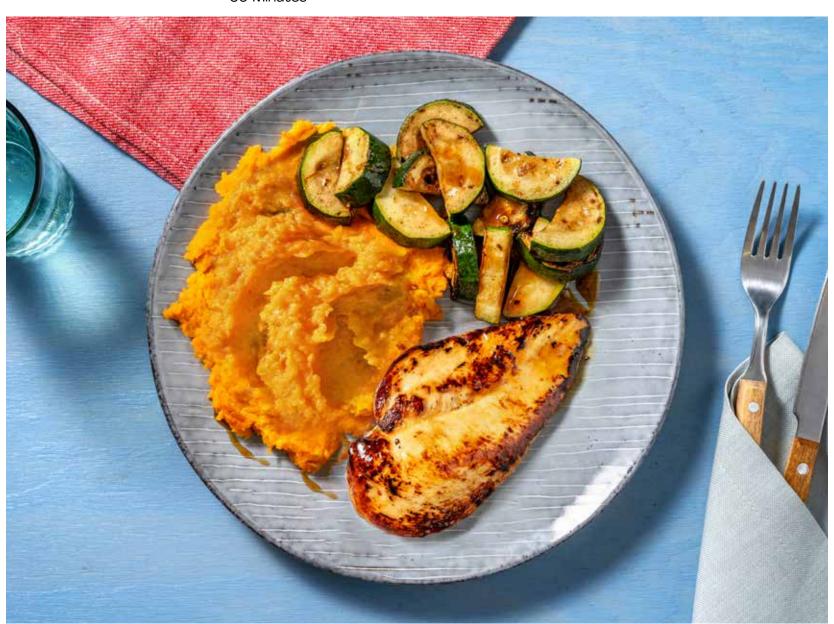


Honey-Garlic Chicken

with Zucchini and Sweet Potato Mash

30 Minutes





Chicken Breasts







Sweet Potato

Chives







Zucchini



Garlic, cloves



Soy Sauce

HELLO HONEY

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 nonstick pan, paper towels

Ingredients

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	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.



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.



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.**



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.



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**.



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.

