



# ITALIAN PAN-FRIED CHICKEN

with Caprese Salad and Roasted Sweet Potatoes



## HELLO

### BOCCONCINI

These miniature mozzarella balls mean "little bites" in Italian



Chicken Breasts



Italian Seasoning



Bocconcini Cheese



Sweet Potato



Grape Tomatoes



Basil



Balsamic Vinegar

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 642

## BUST OUT

- Baking Sheet
- Large Bowl
- Large Non-Stick Pan
- Measuring Spoons
- Paper Towel
- Peeler
- Whisk
- Small Bowl
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

4-person

- Chicken Breasts 680 g
- Italian Seasoning 1 tbsp
- Bocconcini Cheese 2 100 g
- Sweet Potato 680 g
- Grape Tomatoes 227 g
- Basil 20 g
- Balsamic Vinegar 9 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!



**1 ROAST SWEET POTATOES** Wash and dry all produce.\* Peel, then cut the **sweet potatoes** into ¼ inch matchsticks fries. On a baking sheet, toss the **sweet potatoes** with ½ **tbsp Italian seasoning** and **3 tbsp oil**. Season with **salt** and **pepper**. Roast in the middle of the oven, turning the **sweet potatoes** over halfway through cooking, until golden-brown, 22-24 min.



**4 MAKE SALAD** Meanwhile, in a large bowl, whisk together **1 tbsp vinegar** and **1 tbsp oil**. Season with **salt** and **pepper**. Add the **tomatoes** and toss together.



**2 PREP** Meanwhile, cut the **tomatoes** in half. Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle the **remaining Italian seasoning** over the **chicken**.



**5 FINISH AND SERVE** Into a small bowl, tear the **bocconcini** and **basil leaves** in half. Add **1 tsp oil**, then season with **salt** and **pepper**. Toss together. Divide the **chicken**, **sweet potatoes** and **tomato salad** between plates. Sprinkle the **bocconcini** and **basil** over the **tomatoes**.



**3 COOK CHICKEN** Heat a large non-stick pan over medium heat. When the pan is hot, add **2 tbsp oil**, then the **chicken**. Cook until bottom of **chicken** is golden-brown, 6-7 min. Flip the **chicken** over. **Cover** and cook until the **chicken** is golden-brown and cooked through, 6-7 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*)

## WOWZA!

Italian seasoning is a perfect combo of dried basil, thyme, oregano and garlic!