



Lemony Crumbed Chicken

with Dill Dressing and Sweet Potatoes

FAMILY 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Thighs/Leg



Sweet Potato



Lemon



Panko Breadcrumbs



Dijon Mustard



Mayonnaise



Mini Cucumber



Grape Tomatoes



Dill



Sour Cream



Feta Cheese



Spring Mix

HELLO FETA

A Greek brined and pressed white crumbly cheese!

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Shallow Dish, Paper Towels, Microplane/Zester, Whisk, Small Bowl, Measuring Spoons, Parchment Paper, Baking Sheet, Large Bowl, Aluminum Foil, Medium Bowl

Ingredients

	4 Person
Chicken Thighs/Leg	680 g***
Sweet Potato	680 g
Lemon	1
Panko Breadcrumbs	1 cup
Dijon Mustard	1 tbsp
Mayonnaise	4 tbsp
Mini Cucumber	66 g
Grape Tomatoes	113 g
Dill	7 g
Sour Cream	3 tbsp
Feta Cheese	¼ cup
Spring Mix	113 g
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

*** Minimum weight on chicken

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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1. ROAST SWEET POTATO

Cut the **sweet potatoes** into 1-inch thick wedges. Toss **sweet potatoes** with **2 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, flipping halfway through cooking, until golden-brown, 22-23 min.



4. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 ½ tbsp oil**, then **half the chicken**. Pan-fry, until golden-brown, 2-3 min per side. Carefully wipe the pan clean, and repeat with another **1 ½ tbsp oil**, then **remaining chicken**. Transfer **chicken** to a foil-lined baking sheet. Bake in the **top** of oven, until **chicken** is cooked through, 12-14 min.**



2. PREP

While the **sweet potatoes** roast, zest then juice **half the lemon**. Cut **remaining lemon** into wedges. Add **chicken** to a medium bowl and pat dry with paper towels and season with **salt** and **pepper**.



5. FINISH PREP & TOSS SALAD

While the **chicken** bakes, thinly slice the **cucumber**. Halve the **tomatoes**. Roughly chop the **dill**. Combine the **dill**, **sour cream** and **remaining mayo** in a small bowl. Set aside. Whisk together the **Dijon mustard**, **lemon juice** and **2 tbsp oil** in a large bowl. Season with **salt** and **pepper**. Add the **spring mix**, **tomato** and **cucumber** and toss to coat.



3. CRUMB CHICKEN

Combine **panko**, **lemon zest** and **½ tsp salt** in a shallow dish. Coat **chicken** all over with **half the mayo**. Working with **one piece** of **chicken** at a time, press both sides into **panko** to coat completely. Transfer **coated chicken** to a plate.



6. FINISH AND SERVE

Divide the **crumbed chicken**, **salad** and **sweet potato wedges** between plates. Sprinkle **feta** over the salad. Serve with the **creamy dill sauce** for dipping. Squeeze a **lemon wedge** over the **chicken** if desired.

Dinner Solved!