



Lemony Crusted Chicken

with Creamy Dill Sauce and Sweet Potatoes

Family Friendly 25-35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

- Chicken Thighs
- Chicken Breasts**
- Sweet Potato
- Lemon
- Panko Breadbrums
- Dijon Mustard
- Mayonnaise
- Roma Tomato
- Dill-Garlic Spice Blend
- Sour Cream
- Feta Cheese, crumbled
- Spring Mix

HELLO FETA

A salty, briny cheese with a crumbly texture!

Start here

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

Bust out

2 Baking sheets, medium bowl, zester, measuring spoons, shallow dish, aluminum foil, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Sweet Potato	340 g	680 g
Lemon	1	1
Panko Breadcrumbs	½ cup	1 cup
Dijon Mustard	½ tbsp	1 tbsp
Mayonnaise	2 tbsp	4 tbsp
Roma Tomato	80 g	160 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Spring Mix	56 g	113 g
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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Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 ½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Transfer **chicken** to a foil-lined baking sheet.
- Roast in the **top** of oven until **chicken** is cooked through, 12-14 min.**



Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Pat **chicken** dry with paper towels. Add **chicken** and **half the mayo** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then prepare and cook it in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Make dill sauce and toss salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Combine **Dill-Garlic Spice Blend**, **sour cream** and **remaining mayo** in a small bowl. Set aside.
- Whisk together **lemon juice**, **½ tbsp Dijon** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**.
- Add **spring mix** and **tomatoes**, then toss to coat.



Crust chicken

- Combine **panko**, **lemon zest** and **½ tsp salt** (dbl for 4 ppl) in a shallow dish.
- Working with **one piece of chicken** at a time, press both sides into **panko** to coat completely.
- Transfer **crusted chicken** to a plate.



Finish and serve

- Divide **crusted chicken**, **salad** and **sweet potatoes** between plates.
- Sprinkle **feta** over **salad**.
- Serve **creamy dill sauce** alongside for dipping.
- Squeeze a **lemon wedge** over **chicken**, if desired.

Dinner Solved!