



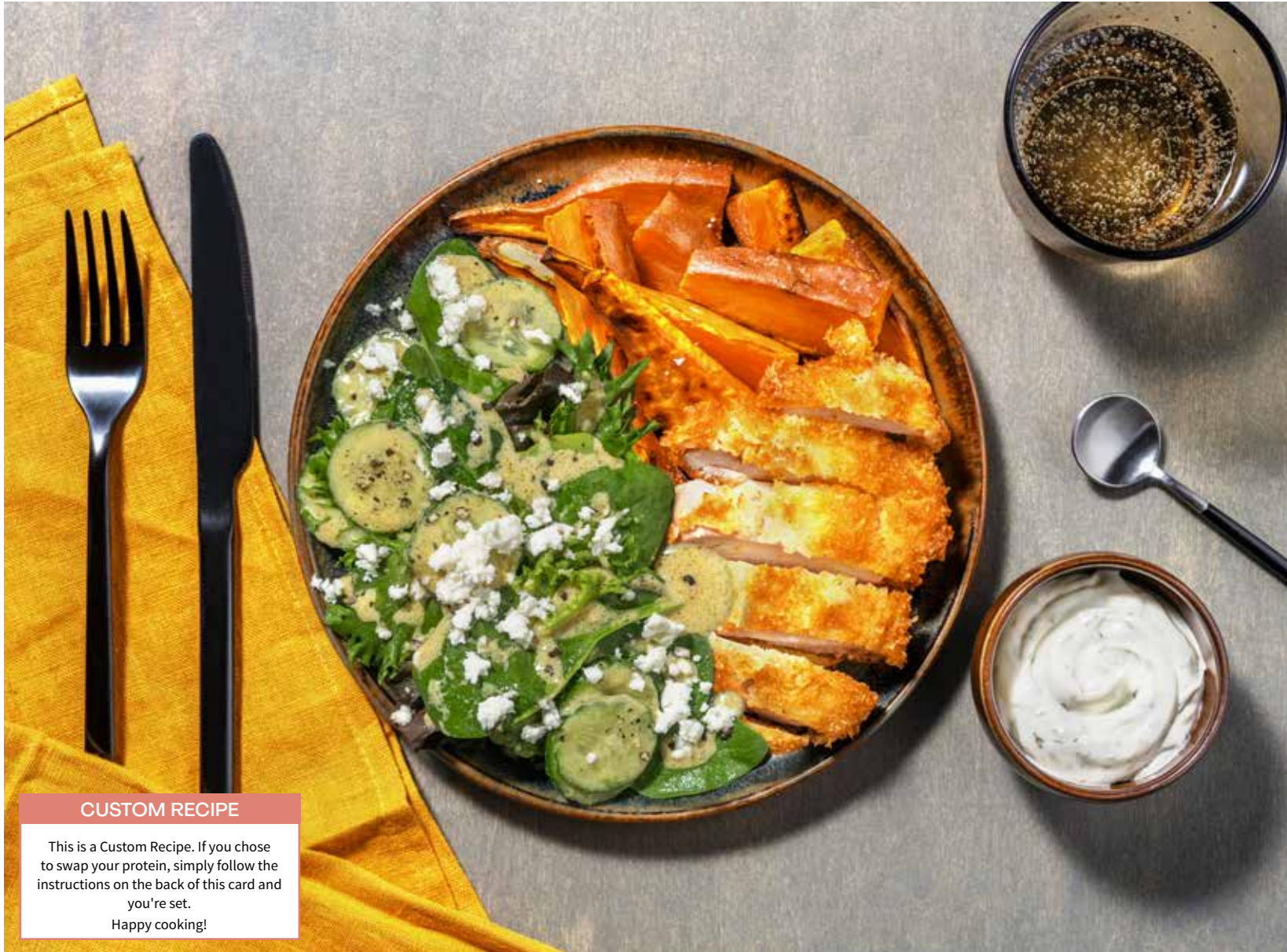
Lemony Panko-Crusted Chicken

with Sweet Potatoes and Creamy Dill Sauce

Family Friendly 25-35 Minutes

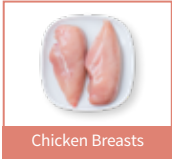


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CUSTOM RECIPE

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 Breasts



Chicken Thighs



Lemon



Sweet Potato



Dijon Mustard



Panko Breadcrumbs



Mini Cucumber



Mayonnaise



Sour Cream



Dill-Garlic Spice Blend



Spring Mix



Feta Cheese, crumbled

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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, medium bowl, measuring spoons, shallow dish, zester, 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
Mini Cucumber	66 g	132 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.



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Roast sweet potatoes

- 1 Cut **sweet potatoes** into ½-inch wedges.
- 2 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.
- 3 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

- 4 Heat a large non-stick pan over medium-high heat.
- 5 When hot, add **1 ½ tbsp** (3 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 2-4 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- 6 Transfer **chicken** to an unlined baking sheet.
- 7 Roast in the **top** of oven until **chicken** is cooked through, 8-12 min.**



Prep

- 1 Meanwhile, zest, then juice **half the lemon**. Cut **any remaining lemon** into wedges.
- 2 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**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Make dill sauce and toss salad

- 1 Meanwhile, cut **cucumber** into ¼-inch rounds.
- 2 Combine **Dill-Garlic Spice Blend**, **sour cream** and **remaining mayo** in a small bowl. Set aside.
- 3 Whisk together **lemon juice**, **½ tbsp** (1 tbsp) **Dijon** and **1 tbsp** (2 tbsp) **oil** in a large bowl. Season with **salt** and **pepper**.
- 4 Add **spring mix** and **cucumbers**, then toss to coat.



Crust chicken

- 1 Combine **panko**, **lemon zest** and ½ **tsp** (1 **tsp**) **salt** in a shallow dish.
- 2 Working with one piece of **chicken** at a time, press both sides into **panko** to coat completely.
- 3 Transfer **crusted chicken** to a plate.



Finish and serve

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

Dinner Solved!