



# Oven-Baked Chicken

## with Creamy Potato Salad and Baby Kale

**PRONTO** 40 Minutes



Chicken Breasts



Mayonnaise



All-Purpose Flour



Yellow Potato



Cajun Seasoning



Dill Pickle



Sour Cream



Shallot



Baby Kale



Hot Sauce

**HELLO FLOUR DUSTED**

*Make a restaurant-worthy meal in your own kitchen!*

# Start Strong

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

## Bust Out

Baking Sheet, Paper Towels, Parchment Paper, Shallow Dish, Silicone Brush, Strainer, Large Pot, Measuring Cups, Measuring Spoons

## Ingredients

|                   | 2 Person | 4 Person |
|-------------------|----------|----------|
| Chicken Breasts   | 2        | 4        |
| Mayonnaise        | ¼ cup    | ½ cup    |
| All-Purpose Flour | 6 tbsp   | 12 tbsp  |
| Yellow Potato     | 300 g    | 600 g    |
| Cajun Seasoning   | 1 tbsp   | 2 tbsp   |
| Dill Pickle       | 90 ml    | 180 ml   |
| Sour Cream        | 3 tbsp   | 6 tbsp   |
| Shallot           | 50 g     | 100 g    |
| Baby Kale         | 56 g     | 113 g    |
| Hot Sauce 🍷       | ¼ cup    | ½ cup    |
| Sugar*            | ½ tsp    | 1 tsp    |
| Oil*              |          |          |
| Salt and Pepper*  |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.



### 1. COOK POTATOES

Quarter **potatoes**. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1-inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



### 4. COOK CHICKEN

Add **chicken** to a parchment-lined baking sheet, then drizzle **some oil** over **each piece**. Bake in **middle** of oven, until **chicken** is golden-brown and cooked through, 18-20 min.\*\*



### 2. PREP

While **potatoes** cook, finely chop **half the pickles**. Peel, then thinly slice **shallot**. Combine **Cajun seasoning**, **flour** and **½ tsp sugar** (dbl for 4 ppl) in a shallow dish.



### 5. MIX POTATO SALAD

When **potatoes** are fork-tender, drain and return to the same pot, off heat. Add **sour cream**, **diced pickles**, **shallot** and **remaining mayo**. Season with **pepper** and gently stir to coat. Add **kale** and stir to combine. Set aside.



### 3. COAT CHICKEN

Pat **chicken** dry with paper towels. Carefully slice **each chicken breast** through the centre, then continue to cut straight through to the other end. (**NOTE:** You will have 4 pieces for 2 ppl and 8 pieces for 4 ppl.) Brush both sides of **all pieces of chicken**, using **1 tbsp mayo** (dbl for 4 ppl) for all pieces. Add **chicken** to the **flour mixture**. Toss to coat both sides.



### 6. FINISH AND SERVE

Divide the **chicken** and **potato salad** between plates. Serve **chicken** with **remaining pickles** and **hot sauce** alongside, for dipping.

## Dinner Solved!

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

