



# ROASTED LEMON CHICKEN AND SWEET POTATO MASH

with Cauliflower and Fried Shallots

SPECIAL



## HELLO

### ROAST LEMONS

Roasting lemons brings out their sweet and savoury fragrance and flavour!

TIME: 60 MIN



Spatchcock Chicken



Lemon



Sour Cream



Sweet Potato



Parsley



Lemon-Pepper Seasoning



Chili Flakes



Shallot



Cauliflower, florets

## BUST OUT

- 2 Baking Sheets
- Potato Masher
- Large Pot
- Strainer
- Measuring Spoons
- Small Pot
- Parchment Paper
- Peeler
- Paper Towels
- Salt and Pepper
- Unsalted Butter **2** (2 tbsp | 4 tbsp)
- Olive or Canola Oil

## INGREDIENTS

2-person | 4-person

- |                          |        |  |        |
|--------------------------|--------|--|--------|
| • Spatchcock Chicken     | ½      |  | 1      |
| • Lemon                  | 1      |  | 2      |
| • Sour Cream <b>2</b>    | 3 tbsp |  | 6 tbsp |
| • Sweet Potato           | 340 g  |  | 680 g  |
| • Parsley                | 7 g    |  | 14 g   |
| • Lemon-Pepper Seasoning | 1 tbsp |  | 2 tbsp |
| • Chili Flakes 🌶️        | 1 tsp  |  | 1 tsp  |
| • Shallot                | 50 g   |  | 100 g  |
| • Cauliflower, florets   | 285 g  |  | 570 g  |

## 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 soja, les sulfites, les noix et le blé.

- |                 |                           |
|-----------------|---------------------------|
| 0 Fish/Poisson  | 6 Mustard/Moutarde        |
| 1 Wheat/Blé     | 7 Peanut/Cacahuète        |
| 2 Milk/Lait     | 8 Sesame/Sésame           |
| 3 Egg/Oeuf      | 9 Sulphites/Sulfites      |
| 4 Soy/Soja      | 10 Crustacean/Crustacé    |
| 5 Tree Nut/Noix | 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 **450°F** (to roast chicken, cauliflower and lemon). Start prepping when the oven comes up to temperature! In Step 3, use this heat guide to determine what spice level you prefer: **¼ tsp** mild, **½ tsp** medium and **1 tsp** spicy!



**1 ROAST CHICKEN**  
Wash and dry all produce.\* Pat **chicken** dry with paper towels, then drizzle over **1 tbsp oil** (dbl for 4 ppl) and sprinkle over **half the lemon pepper seasoning**. On a parchment-lined baking sheet, arrange **chicken**. Roast in **bottom** of oven, rotating to top halfway through cooking, until golden-brown and cooked through, 30-35 min (for 4 ppl, cook for 40-45 min). (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**4 FRY SHALLOT**  
While **cauliflower** cooks, roughly chop **parsley**. Peel, then thinly slice **shallot**. Heat a small pot over medium heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until golden-brown, 7-10 min. Transfer to a paper towel-lined plate, then sprinkle with **salt**. Set aside.

Share your photos #HelloFreshLife | (855) 272-7002 | HelloFresh.ca | hello@hellofresh.ca



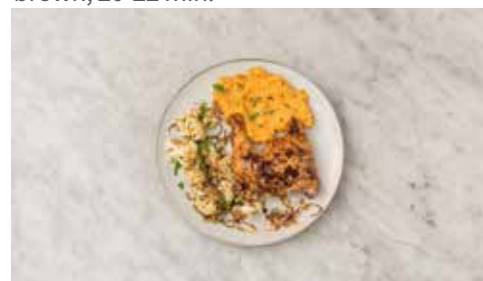
**2 COOK SWEET POTATOES**  
While **chicken** cooks, peel, then cut **sweet potatoes** into ½-inch pieces. In a large pot, combine **sweet potatoes**, **1 tsp salt** and enough **water** to cover. Cover and bring to a boil over high. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



**5 MASH SWEET POTATOES**  
When **sweet potatoes** are done, drain and return to the same pot, off heat. Using a masher, mash **sour cream** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**. Stir in **half the parsley**. Cover to keep warm and set aside.



**3 ROAST LEMON & CAULIFLOWER**  
While potatoes cook, halve **lemon**. On another baking sheet, toss together **cauliflower**, **remaining lemon pepper seasoning**, **½ tbsp oil** (dbl for 4 ppl) and **¼ tsp chili flakes** (dbl for 4 ppl) (**NOTE:** Reference Heat Guide in Start Strong). Season with **salt**. Place **lemon**, cut side down, on one side of the baking sheet. Roast in **top** of oven, rotating to **bottom** halfway through cooking, until golden-brown, 20-22 min.



**6 FINISH AND SERVE**  
Carve **chicken**. Sprinkle **remaining parsley** over **cauliflower**. Top with **fried shallots**. Divide **chicken**, **cauliflower** and **sweet potato mash** between plates. Squeeze over **roasted lemon**.

## SEASONAL

This meal is packed with in-season vegetables like cauliflower and sweet potatoes!