



Roasted Lemon Chicken and Sweet Potato Mash

with Cauliflower and Caramelized Onions

Easter Special 60 Minutes



Spatchcock Chicken



Lemon



Sour Cream



Sweet Potato



Parsley



Lemon-Pepper Seasoning



Chili Flakes



Onion, sliced



Cauliflower, florets

HELLO ROASTED LEMONS

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

Start here

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

Heat Guide for Step 3:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust Out

Baking sheet, measuring spoons, potato masher, strainer, parchment paper, small pot, large pot, paper towels

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Spatchcock Chicken * | ½ | 1 |
| Lemon | 1 | 2 |
| Sour Cream | 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 |
| Onion, sliced | 113 g | 227 g |
| Cauliflower, florets | 285 g | 570 g |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| 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 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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Roast chicken

Pat **chicken** dry with paper towels, then drizzle over **1 tbsp oil** (dbl for 4 ppl) and sprinkle with **half the Lemon Pepper Seasoning**. Arrange **chicken** on a parchment-lined baking sheet. Roast in the **bottom** of the oven, rotating to the **top** of the oven halfway through cooking, until golden-brown and cooked through, 30-35 min (for 4 ppl, cook for 40-45 min).**



Caramelize onions

While sweet potatoes cook. Roughly chop **parsley**. Heat a small pot over medium heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until golden-brown, 7-10 min. Transfer to a paper towel-lined plate, then sprinkle with **salt**. Set aside.



Roast lemon and cauliflower

While **chicken** cooks, halve **lemon**. Toss **cauliflower** with **remaining Lemon Pepper Seasoning**, **½ tbsp oil** (dbl for 4 ppl) and **¼ tsp chili flakes** (dbl for 4 ppl) on one side of parchment-lined baking sheet. (**NOTE:** Reference Heat Guide.) Season with **salt**. Place **lemon halves**, cut side down, on the other side of the baking sheet. Roast in the **top** of the oven, moving to the **bottom** of the oven halfway through cooking, until golden-brown, 20-22 min.



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.



Cook sweet potatoes

While **chicken** and **cauliflower** cook, peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1-2 inches) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



Finish and serve

Rest **cooked chicken** for 4-5 mins, then carve. Sprinkle **remaining parsley** over **cauliflower**. Top with **caramelized onions**. Divide **chicken**, **cauliflower** and **sweet potato mash** between plates. Squeeze **roasted lemon**.

Dinner Solved!