



# Seed-Crusted Chicken Breasts with Roasted Beets

Discovery

30 Minutes



Chicken Breasts



Beets



Seed Blend



Panko Breadcrumbs



Goat Cheese



Carrot



Mayonnaise



Honey



Russet Potato



Sour Cream



Chicken Salt



Thyme

HELLO PEPITAS

Also known as pumpkin seeds, they add extra crunch to salads and bowls!

## Start here

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

## Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, parchment paper, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Beets	113 g	226 g
Seed Blend	28 g	56 g
Panko Breadcrumbs	¼ cup	½ cup
Goat Cheese	56 g	113 g
Carrot	170 g	340 g
Mayonnaise	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Sour Cream	3 tbsp	6 tbsp
Chicken Salt	1 tbsp	2 tbsp
Thyme	7 g	7 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 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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## Prep chicken

Roughly chop **seed blend**. Combine **chopped seeds, chicken salt** and **panko** in a shallow dish. Pat **chicken** dry with paper towels, then season all over with **salt** and **pepper**. Coat **chicken** with **mayo**. Working with **one breast** at a time, press both sides into **seed mixture** to coat completely.



## Cook potatoes

Peel, then cut **potatoes** into 1-inch pieces. Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



## Bake chicken

Transfer **chicken** to a parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Bake in the **top** of the oven, flipping halfway through, until cooked through, 15-18 min.\*\*



## Finish potatoes

Drain and return **potatoes** to the same pot, off heat. Roughly mash **sour cream, half the goat cheese** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**.



## Roast veggies

While **chicken** bakes, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Peel, then cut **carrot** into ¼-inch coins. Peel, then cut **beet** into ½-inch pieces. (**TIP:** We suggest using gloves when prepping beets!) Add **carrots, beets, thyme, half the honey** and **1 tbsp oil** (dbl for 4 ppl) to another parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 18-20 min.



## Finish and serve

Divide **chicken, mash** and **veggies** between plates. Crumble **remaining goat cheese** over **veggies**. Drizzle **remaining honey** over **chicken**.

## Dinner Solved!