



# Smart Chicken and Spinach Croquettes

with Sweet Potatoes, Green Beans and Garlic Parm Dipper

Carb Smart

Calorie Smart

30 Minutes



Ground Chicken



Dill-Garlic Spice Blend



Plant-Based Garlic Parmesan Dressing



Sweet Potato



Parmesan Cheese, grated



Baby Spinach



Garlic, cloves



Green Beans

## HELLO DILL

*This delicate herb comes from the same family as parsley and celery!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, medium bowl, small bowl, measuring spoons, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Plant-Based Garlic Parmesan Dressing	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Parmesan Cheese, grated	¼ cup	½ cup
Baby Spinach	28 g	56 g
Garlic, cloves	3	6
Green Beans	170 g	340 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.  
♦ 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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## Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes**, **half the Dill-Garlic Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min.



## Roast croquettes

- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-12 min.\*\*



## Prep

- Meanwhile, trim **green beans**.
- Peel, then mince or grate **garlic**.
- Finely chop **spinach**.



## Cook green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic**. Cook, stirring often, until **butter** is melted, **garlic** is fragrant and **green beans** are tender-crisp, 1 min.
- Remove from heat.
- Add **remaining Parmesan**, then stir to coat **green beans**.
- Season with **salt** and **pepper**, to taste.



## Make croquette mix

- Line another baking sheet with parchment paper, then set aside.
- Combine **spinach**, **chicken**, **remaining Dill-Garlic Spice Blend**, **half the garlic**, **3 tbsp Parmesan**, **¼ tsp salt** and **⅛ tsp pepper** (dbl all for 4 ppl) in a medium bowl.
- Roll **mixture** into **8 equal-sized croquettes** (16 for 4 ppl). (**TIP:** Dampen your hands with water to form croquettes with ease. It will make the mixture stick less.)



## Finish and serve

- Stir together **½ tbsp water** (dbl for 4 ppl) and **garlic Parmesan dressing** in a small bowl.
- Divide **roasted sweet potatoes**, **green beans** and **chicken croquettes** between plates.
- Serve **garlic Parmesan dressing** on the side for dipping.

## Dinner Solved!