



ONION CRUNCH CHICKEN

with Mashed Sweet Potatoes, Roasted Green Beans & Honey Dijon Dressing

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



1 | 2

Crispy Fried Onions
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



1.5 oz | 3 oz
Honey Dijon Dressing
Contains: Eggs



6 oz | 12 oz
Green Beans



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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HELLO

CRISPY FRIED ONIONS

Crushing up this timeless topper and mixing it with cheese creates a next-level crunchy crust for chicken.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720



GOLD (B)RUSH

In step 3, we instruct you to brush the tops of your chicken with some honey Dijon dressing. We prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

BUST OUT

- Peeler
 - Paper towels
 - 2 Small bowls
 - Baking sheet
 - Medium pot
 - Potato masher
 - Strainer
-
- Kosher salt
 - Black pepper
 - Olive oil (1 tsp | 1 tsp)
 - Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP & MAKE CRUST

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces.
- Using your hands, finely crush **crispy fried onions** in their bag. (**TIP: Once crushed, crispy fried onions should resemble breadcrumbs.**) Transfer to a small bowl; stir in **Monterey Jack**.
- Reserve **1 TBSP dressing (2 TBSP for 4 servings)** in a second small bowl (**you'll use it in step 3**).



4 ROAST CHICKEN & BEANS

- Toss **green beans** on empty side of same sheet with a **drizzle of olive oil, salt,** and **pepper.** (For 4 servings, add green beans to a second sheet; roast green beans on top rack and chicken on middle rack.)
- Roast on middle rack until **chicken** is cooked through and green beans are browned and tender, 15-20 minutes. **TIP: Check chicken periodically—if the crust browns too quickly, loosely cover with foil. Additionally, if green beans finish before chicken, remove from sheet and continue roasting chicken.**



2 COOK SWEET POTATOES

- Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid,** then drain and return sweet potatoes to pot. Cover to keep warm.



5 MASH SWEET POTATOES

- Meanwhile, mash **sweet potatoes** with **sour cream, 2 TBSP butter (4 TBSP for 4 servings),** and a **big pinch of salt** until smooth, adding splashes of **reserved potato cooking liquid** as needed. Taste and season with **salt** and **pepper.**



3 COAT CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper.** Place on one side of a baking sheet. (**For 4 servings, spread chicken out across entire sheet.**)
- Evenly spread tops of chicken with a thin layer of **reserved dressing.** Mound coated sides with **onion crust,** pressing to adhere (**no need to coat the undersides**).



6 SERVE

- Divide **mashed sweet potatoes, green beans,** and **chicken** between plates. Serve with **remaining dressing** on the side.

* Chicken is fully cooked when internal temperature reaches 165°.