



Almond-Crusted Chicken

with Sweet Potato Maple Mash

FAMILY 35 Minutes



Chicken Breasts



Almonds, sliced



Panko Breadcrumbs



Mayonnaise



Sweet Potato



Maple Syrup



Garlic



Green Beans

HELLO ALMONDS

Crushed and tossed with panko for a nutty, crispy chicken coating!

Start Strong

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

Bust Out

Baking Sheet, Garlic Press, Measuring Spoons, Medium Pot, Paper Towels, Parchment Paper, Peeler, Potato Masher, Shallow Dish, Strainer, Large Non-Stick Pan

Ingredients

	4 Person
Chicken Breasts	4
Almonds, sliced	56 g
Panko Breadcrumbs	½ cup
Mayonnaise	¼ cup
Sweet Potato	680 g
Maple Syrup	2 tbsp
Garlic	9 g
Green Beans	340 g
Unsalted Butter*	¼ cup
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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1. PREP & MAKE BREADING

Peel, then cut **sweet potatoes** into ½-inch pieces. Finely chop **almonds**. Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to dry pan. Toast, stirring often, until golden, 1-2 min. Transfer to a shallow dish. Add **1 tbsp oil**, then **panko**, to the same pan. Toast, stirring often, until golden, 1-2 min. Remove pan from heat. Add **toasted panko**, **¼ tsp salt** and **¼ tsp pepper** to the shallow dish with **almonds**. Stir to combine.



4. FINISH PREP & COOK BEANS

While **sweet potato** cooks, trim **beans**. Peel, then mince or grate **garlic**. Heat the same pan over medium-high heat. When hot, add **2 tbsp butter**, then **beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



2. PREP CHICKEN

Pat **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast** – parallel to cutting board – leaving 1-inch intact on the other end. Open up **chicken** like a book. Coat **chicken** all over with **mayo**. Press firmly into **almond-panko mixture** and cover all sides. Transfer **coated chicken breasts** to a parchment-lined baking sheet and drizzle over **1 tbsp oil**.



5. MAKE MASH

When **sweet potatoes** are done, drain and return them to the same pot. Using a masher, mash in **maple syrup** and **2 tbsp butter**, until smooth. Season with **salt** and **pepper**.



3. BAKE CHICKEN & COOK SWEET POTATOES

Bake **chicken** in **middle** of oven, until golden-brown and cooked through, 20-25 min.** Meanwhile, combine **sweet potatoes** with **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 12-15 min.



6. FINISH AND SERVE

Divide **garlic-green beans**, **sweet potato mash** and **almond-crusted chicken** between plates.

Dinner Solved!