



Hello
FRESH



F E B
2017

Chicken Almond Milanese

with Roasted Sweet Potato Wedges and Broccoli

Milanesa is a cooking technique common in South American countries where thin pieces of meat are breaded and cooked. Japanese-style panko breadcrumbs is what gives this chicken the signature crispy coating!

 Prep
30 min

 level 1



Chicken Breast



Sweet Potato



Almonds



Broccoli



Lemon



Mayonnaise



Panko Breadcrumbs

Ingredients

| | | |
|-----------------------------|-------|----------------|
| Chicken Breast, butterflied | | 2 pkg (680 g) |
| Sweet Potato, wedges | | 1 pkg (680 g) |
| Almonds, sliced and toasted | 1) | 1 pkg (56 g) |
| Broccoli, rosettes | | 2 pkg (454 g) |
| Lemon | | 1 |
| Mayonnaise | 2) 3) | 4 pkg (4 tbsp) |
| Panko Breadcrumbs | 4) | 1 pkg (1 cup) |
| Olive or Canola Oil* | | |

4 People

*Not Included

Allergens

- 1) Tree nuts/Noix
- 2) Egg/Oeuf
- 3) Soy/Soja
- 4) Wheat/Blé

Tools

2 Baking Sheets, Zester, Small Bowl, Large Non-Stick Pan

Nutrition per person Calories: 640 cal | Fat: 24 g | Protein: 51 g | Carbs: 58 g | Fibre: 10 g | Sodium: 475 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat your oven to 450°F (to roast the sweet potatoes and broccoli.) Start prepping when your oven comes up to temperature!

2 Bake the sweet potatoes: Wash and dry all produce. Toss the **sweet potatoes** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, turning the wedges over halfway through cooking, until golden-brown, 25-28 min. (**NOTE:** The sweet potatoes won't be as crispy as deep-fried fries!)



3 Roast the broccoli: Meanwhile, toss the **broccoli** on another baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden, 18-20 min.

4 Prep the chicken: Meanwhile, zest, then cut the **lemon** into wedges. On a large plate, mix the **mayonnaise** and **lemon zest**. Add the **panko** to a shallow dish. Dry the **chicken** with paper towels, then season with **salt** and **pepper**. Coat the chicken in the **mayo-lemon mixture**. Working one at a time, press each breast into the panko to coat completely.



5 Cook the chicken: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown and cooked through, 4-5 min per side. (Cook in batches if necessary so you don't crowd the pan.) (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a paper towel-lined plate.

6 Finish and serve: Slice the **chicken** into strips, and serve with the **broccoli** and **sweet potato wedges** on the side. Squeeze a wedge of **lemon** over the chicken and sprinkle with the **toasted almonds**. Enjoy!

SERVING TIP: We suggest serving some honey as a dipping sauce if your kids so desire!

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