



# HERBED CHICKEN CUTLETS











with Sweet Potato Mash and Almond Green Beans



## HELLO CHICKEN CUTLETS

Thinly sliced breasts offer succulent white meat in a quick-cooking cut.

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 630

-  Sweet Potatoes
-  Scallions
-  Green Beans
-  Flour  
(Contains: Wheat)
-  Chicken Demi-Glace  
(Contains: Milk)
-  Shallot
-  Brown Sugar
-  Chicken Cutlets
-  Italian Seasoning
-  Sliced Almonds  
(Contains: Tree Nuts)

## START STRONG

All hands on deck! Have kids help with mashing the sweet potatoes and keeping an eye on the green beans while you focus on cooking the chicken and making the sauce.

## BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Large pan
- Strainer
- Paper towel
- Potato masher
- Oil (1 TBSP)
- Butter (4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Shallot 1
- Scallions 2
- Brown Sugar 2 TBSP
- Green Beans 12 oz
- Sliced Almonds 2 oz
- Chicken Cutlets 20 oz
- Italian Seasoning 1 tsp
- Flour 1 TBSP
- Chicken Demi-Glace 1

## HELLO WINE



PAIR WITH  
Tornambe IGP Puglia  
Sangiovese, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 425 degrees. Peel **sweet potatoes**, then cut into 1-inch cubes. Halve and peel **shallot**, then mince until you have 2 TBSP. Trim, then thinly slice **scallions**, keeping greens and whites separate. Place sweet potatoes in a medium pot with a pinch of **salt** and enough **water** to cover by 1 inch.



## 4 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. Season with **salt**, **pepper**, and **1 tsp Italian seasoning** (we sent more). Add to pan and cook until browned and cooked through, 2-4 minutes per side. (**TIP:** Work in batches if you can't easily fit the chicken in the pan.) Remove from pan and set aside to rest on a plate. Pour out and discard any excess oil in pan.

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)



## 2 COOK SWEET POTATOES

Bring **sweet potatoes** to a boil and cook until easily pierced by a knife, 12-15 minutes. Drain, then return empty pot to low heat. Add **2 TBSP butter** and **scallion whites**. Once butter has melted, 1-2 minutes later, return sweet potatoes to pot and mash with a potato masher or fork until smooth. Add **brown sugar** (to taste). Season with **salt** and **pepper**.



## 5 MAKE SAUCE

Add **2 TBSP butter**, **flour**, and **minced shallot** to same pan over medium-high heat. Cook, stirring vigorously, until butter melts and shallot is slightly softened, 1-2 minutes. Stir in **demi-glace** and **1 cup water**, scraping up any browned bits from bottom. Bring to a boil, then lower heat and let simmer until thick and saucy, 2-4 minutes. Season with **salt** and **pepper**. Reduce heat to low to keep warm.



## 3 ROAST GREEN BEANS

While sweet potatoes cook, toss **green beans** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven 10 minutes, then remove sheet from oven, sprinkle **almonds** over green beans, and toss to combine. Return green beans to oven and continue roasting until tender and almonds are toasted, 2-4 minutes more.



## 6 PLATE AND SERVE

Add any **juices** from plate with chicken to sauce. Divide **sweet potatoes** and **green beans** between plates for serving. Top with **chicken**. Drizzle **sauce** over chicken and sweet potatoes, then garnish with **scallion greens**.

## FRESH TALK

If you had your own catchphrase, what would it be?

WK 43 NJ-14