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HONEY GARLIC CHICKEN

with Brown Butter Mashed Sweet Potatoes & Roasted Zucchini

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Garlic

(4 Cloves | 8 Cloves)



**Chicken
Breasts ***

(1 | 2)



**Sweet
Potatoes ***

(2 | 4)



Zucchini *

(1 | 2)



Honey

(1 | 2)



**Chicken Stock
Concentrate**

(1 | 2)



Soy Sauce

(1 | 2)

Contains: Soy, Wheat



Chili Flakes

(1 | 1)

WHAT YOU'LL NEED

Butter

(3 TBSP | 6 TBSP)
Contains: Milk

Olive Oil

(4 tsp | 8 tsp)

CUSTOMPLATE



This dish is eligible for CustomPlate!
Add, swap, upgrade, or double protein
to your heart's content.
Flip the menu over for cooking info
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CHEF'S TIP

Why are we always telling you to pat your meat dry? Well, since you asked, drying protein with paper towels ensures even browning rather than steaming. Crispy, caramelized edges = major flavor!

HAVE A CUSTOMPLATE?

Hey, EP friend! Did you substitute **pork chops** for chicken breasts? Easy peasy! Cook through the recipe as instructed, swapping in pork for chicken in steps 4 and 6. In step 4, cook the pork 4–5 minutes per side.

1.



Preheat oven to 425 degrees. **Wash and dry all produce.** Peel and dice **sweet potatoes** into ½-inch pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Peel **garlic**; place cloves in the center of a small piece of foil. Add a **large drizzle of olive oil** and season with **salt** and **pepper**. Cinch into a packet.

3.



While sweet potatoes cook, toss **zucchini** on a baking sheet with a **drizzle of olive oil, salt, and pepper**. Place **garlic foil packet** on same sheet. Roast on top rack until both zucchini and garlic are browned and tender, 15–20 minutes. Transfer roasted garlic to a cutting board.

5.



Once **garlic** is done, mash cloves with a fork. Heat pan used for chicken over medium-high heat. Add mashed garlic and **honey soy mixture**. Bring to a simmer and cook, stirring, until slightly reduced, 2–3 minutes. Turn off heat and stir in **1 TBSP butter** (**2 TBSP for 4 servings**) until melted. (**If sauce seems too thick, stir in a splash of water.**)

*Chicken is fully cooked when internal temperature reaches 165 degrees.
Pork is fully cooked when internal temperature reaches 145 degrees.*

2.



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. Drain and set aside. Return empty pot to medium-high heat; add **2 TBSP butter** (**4 TBSP for 4 servings**). Cook, stirring, until foamy and flecked with amber brown bits, about 2 minutes. (**Take a whiff—it should smell nutty!**) Add drained sweet potatoes and mash until smooth and creamy. Stir in a splash of **water**, if necessary. Season with **salt** and **pepper**.

4.



Meanwhile, pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5–6 minutes per side. Turn off heat; transfer to a plate. Wipe out pan. While chicken cooks, in a small bowl, combine **¼ cup water** (**⅓ cup for 4 servings**), **honey, soy sauce, and stock concentrate**.

6.



Return **chicken** to pan with **sauce** and turn to coat. Divide chicken between plates along with **zucchini** and **mashed sweet potatoes**. Top chicken with any remaining sauce and sprinkle with **chili flakes** if desired.