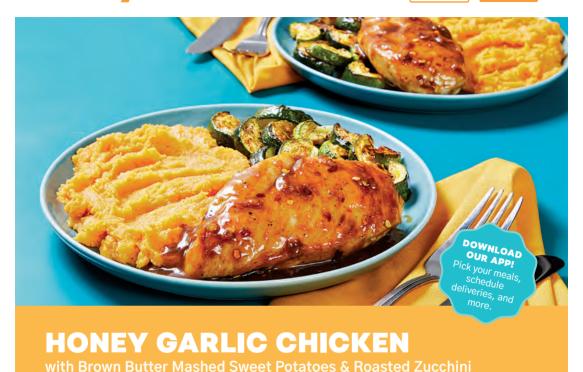
# **EveryPlate**

PREP IN **5 MIN** 

READY IN **30 MIN** 



### WHAT WE SEND (2 servings) | 4 servings)

**★ Keep refrigerated**



Garlic (4 Cloves | 8 Cloves)



Chicken Breasts\*



Sweet Potatoes\*



Honey

(1 | 2)



Chicken Stock Concentrate



Soy Sauce (1 | 2) Contains: Soy, Wheat



Chili Flakes

#### 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
on your new protein.

## 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 =

## 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.



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.



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**.



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.



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 ½ cup water (½ cup for 4 servings), honey, soy sauce, and stock concentrate.



Once **garlic** is done, mash cloves with a fork. Heat pan used for chicken over mediumhigh 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.)



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.

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

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