



# SPICY MAPLE CHICKEN

with Mashed Sweet Potatoes & Roasted Green Beans



## HELLO

### SPICY MAPLE SYRUP

Chili flakes add a touch of heat and depth to this classic breakfast condiment.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 680**

- |  |   |   |   |
|--|---|---|---|
| <br>Sweet Potatoes  | <br>Panko Breadcrumbs<br>(Contains: Wheat) | <br>Sour Cream<br>(Contains: Milk) | <br>Maple Syrup  |
| <br>Chicken Cutlets | <br>Fry Seasoning                          | <br>Green Beans                    | <br>Chili Flakes |



## START STRONG

In step 4 we instruct you to brush the tops of your chicken with sour cream. We prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

## BUST OUT

- Peeler
  - Paper towels
  - 2 Small bowls
  - Baking sheet
  - Medium pot
  - Medium bowl
  - Strainer
  - Kosher salt
  - Potato masher
  - Black pepper
  - Olive oil (4 tsp | 7 tsp)
  - Vegetable oil (1 tsp | 1 tsp)
  - Butter (2 TBSP | 4 TBSP)
- (Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes **2 | 4**
- Maple Syrup **2 TBSP | 4 TBSP**
- Chili Flakes **1 tsp | 1 tsp**
- Sour Cream **2 TBSP | 4 TBSP**
- Panko Breadcrumbs **½ Cup | 1 Cup**
- Fry Seasoning **1 TBSP | 2 TBSP**
- Chicken Cutlets\* **10 oz | 20 oz**
- Green Beans **6 oz | 12 oz**

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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# HelloFRESH



## 1 PREP & MAKE SPICY MAPLE SYRUP

Adjust rack to middle position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and dice **sweet potatoes** into ½-inch pieces. Reserve **1 tsp maple syrup** for sweet potatoes (2 tsp for 4); pour remaining into a small bowl. Stir in a pinch of **salt** and **chili flakes** to taste. Set aside.



## 4 COAT & ROAST CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Lightly **oil** a baking sheet and place chicken on one side. (For 4 servings, spread chicken out across whole sheet.) Evenly spread remaining **sour cream** onto tops of chicken; mound with **panko mixture**, pressing to adhere (no need to coat the undersides). Roast chicken on middle rack for 8 minutes (we'll add more to the sheet then).

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## 2 MAKE MASHED SWEET POTATOES

Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender when pierced with a fork, 15-20 minutes. Drain and return sweet potatoes to pot. Mash off heat with reserved **maple syrup**, half the **sour cream** (you'll use the rest later), **1 TBSP butter** (2 TBSP for 4), **salt**, and **pepper**. Cover to keep warm.



## 5 ROAST GREEN BEANS

Toss **green beans** in a medium bowl with a drizzle of **olive oil**, **salt**, and **pepper**. Once chicken has roasted 8 minutes, remove baking sheet from oven and add green beans to empty side. (For 4 servings, add green beans to a second baking sheet; roast on top rack.) Continue roasting until chicken is cooked through and green beans are tender, 12-15 minutes more.



## 3 MAKE CRUST

Meanwhile, place **1 TBSP butter** (2 TBSP for 4 servings) in a second small microwave-safe bowl. Microwave until melted, 30 seconds. Stir in **panko**, **Fry Seasoning**, **1 TBSP olive oil** (2 TBSP for 4), and a large pinch of **salt**.



## 6 SERVE

Divide **sweet potatoes**, **chicken**, and **green beans** between plates. Drizzle chicken with **spicy maple syrup** and sprinkle with more **chili flakes** if desired.

## CHIVE MIND

Have chives in your fridge? Chop up a handful and stir into your mashed sweet potatoes for an oniony punch.

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