



SPICY MAPLE CHICKEN

with Mashed Sweet Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Sweet Potatoes



2 TBSP | 2 TBSP
Maple Syrup



1 tsp | 1 tsp
Chili Flakes



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Panko Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Fry Seasoning



12 oz | 24 oz
Chicken Breasts



6 oz | 12 oz
Green Beans



HELLO

SPICY MAPLE SYRUP

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

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 710



GOLD (B)RUSH

In step 4, we instruct you to spread 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
- 2 Small bowls
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Baking sheet
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 7 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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* Chicken is fully cooked when internal temperature reaches 165°.



1 PREP & MIX 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.
- Pour **maple syrup** 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 entire 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 (you'll add more to the sheet then).



2 MASH 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 half the **sour cream** (you'll use the rest later), **1 TBSP butter** (2 TBSP for 4 servings), **salt**, and **pepper**. (**TIP: Add a pinch of sugar if you prefer a sweeter mash.**) Cover to keep warm.



5 ROAST GREEN BEANS

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



3 MAKE CRUST

- While sweet potatoes cook, 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 big 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. Serve.