



# KICKIN' CRISPY HONEY CHICKEN

with Mashed Sweet Potatoes and Roasted Brussels Sprouts



## HELLO

### CHILI PEPPER

This tiny pepper packs a powerful punch!  
Add as much or as little as you like.



Brussels Sprouts



Chili Peppers



Panko Breadcrumbs  
(Contains: Wheat)



Chicken Cutlets



Sweet Potatoes



Sour Cream  
(Contains: Milk)



Blackening Spice



Honey

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 630**

## START STRONG

In step 5, you'll be shallow-frying chicken. This is the key to developing a golden, crunchy crust. A couple of tips for nailing it: use very hot oil (i.e. shimmering) and don't crowd the pan (keep cutlets a few inches apart so they don't steam).

## BUST OUT

- Aluminum foil
- Potato masher
- Baking sheet
- Paper towels
- Large pot
- Large pan
- Strainer
- Butter (2 TBSP)  
(Contains: Milk)
- Olive oil (2 tsp)
- Vegetable oil (for frying)

## INGREDIENTS

Ingredient 4-person

- Brussels Sprouts 16 oz
- Sweet Potatoes 4
- Chili Peppers 2
- Sour Cream 8 TBSP
- Panko Breadcrumbs 1 Cup
- Blackening Spice 2 TBSP
- Chicken Cutlets\* 20 oz
- Honey 2 TBSP

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



# HelloFRESH



## 1 PREP

Place a foil-lined baking sheet on upper rack and preheat oven to 425 degrees.

**Wash and dry all produce.** Trim and halve **Brussels sprouts**. Dice **sweet potatoes** into ½-inch cubes. Thinly slice **chilis**, removing ribs and seeds for less heat.



## 4 BREAD CHICKEN

Place **panko** in a shallow dish or bowl; season with **salt**, **pepper**, and half the **Blackening Spice**. Pat **chicken** dry with paper towels; season with salt, pepper, and remaining Blackening Spice, then brush evenly with remaining **sour cream**. Working in batches, coat chicken in panko mixture, pressing to adhere. Heat a ¼-inch layer of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one).



## 2 COOK SWEET POTATOES

Place **sweet potatoes** in a large pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, about 15 minutes. Drain thoroughly and return to pot. Using a potato masher or fork, mash with **2 TBSP butter** and half the **sour cream** until smooth. Season with **salt** and **pepper**. Keep covered until ready to serve.



## 5 COOK CHICKEN

Once oil is hot, add **chicken** to pan (working in batches if necessary), reduce heat to medium, and cook until golden brown, 5-7 minutes per side. Transfer to a paper-towel-lined plate. Season with **salt** and **pepper**.



## 3 ROAST BRUSSELS SPROUTS

Meanwhile, toss **Brussels sprouts** on preheated baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Arrange cut sides down and roast until browned and tender, 20-25 minutes.



## 6 SERVE

Divide **Brussels sprouts** and **sweet potatoes** between plates. Top with **chicken**. Drizzle chicken with **honey**. Garnish with **chilis** (to taste—they're spicy).

## FRESH TALK

Did you know that a beehive can produce up to 100 pounds of honey a year?

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