



Panko Crusted Chicken Breast

with sweet potato champ mash

35 – 40 mins

20



Chicken Breast



Mayo



Breadcrumbs



Demi-Glace



Sweet Potato



Scallion



Salad Leaves



Tomato



Balsamic Glaze

Pantry Items: Salt, Pepper, Oil, Water, Butter, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Mayo	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs
Demi-Glace	1 sachet	2 sachets
Sweet Potato	2 units	4 units
Scallion	1 unit	2 units
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Balsamic Glaze	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	583.5 g	100 g
Energy (kJ/kcal)	2583 kJ/ 617 kcal	443 kJ/ 106 kcal
Fat (g)	13 g	2.2 g
Sat. Fat (g)	1.8 g	0.3 g
Carbohydrate (g)	79.3 g	13.6 g
Sugars (g)	18.4 g	3.1 g
Protein (g)	47.7 g	8.2 g
Salt (g)	1.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



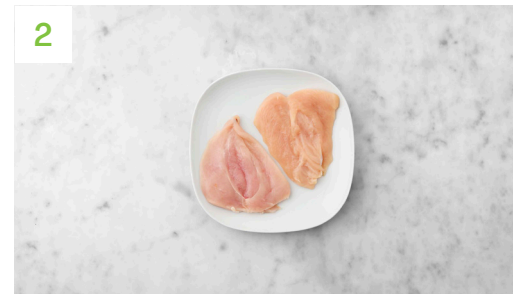
Make the Sweet Potato Champ

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks. Trim and thinly slice the **scallion**.
- When the **water** is boiling, add the **potatoes** and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Add the sliced **scallion**, then season with **salt** and **pepper**. Cover to keep warm.



Cook the Chicken

- Place a large pan over medium-high with a glug of **oil**.
- Add the **chicken** and fry until brown, crispy and cooked through, 3-6 mins on each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Get Prepped

- Cut the **tomato** into 2cm chunks.
- Season the **breadcrumbs** with **salt** and **pepper**.
- Place a hand on top of the **chicken**. Slice from thick end to thin point until there's 2cm left. Open it up like a book. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Finishing Touches

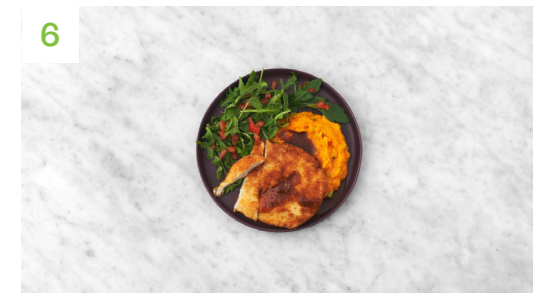
- Return the pan to medium-high heat with a knob of **butter**.
- When melted, add the **demi-glace** and cook, stirring until warmed through, 2-3 mins.
- Just before serving toss the **tomato** with **salad leaves**, **balsamic glaze** and a drizzle of **oil**.
- Season with **salt** and **pepper**.

TIP: Add a splash of water to loosen the sauce if required.



Crumb the Chicken

- Season the **chicken** with **salt** and **pepper**.
- Spread **mayo** over the **chicken** until completely coated.
- Press the **breasts** into the **breadcrumbs**, covering all sides to achieve an even crust.



Dish Up

- Divide the **chicken** between plates.
- Drizzle over some of the **demi-glace**.
- Serve **sweet potato** champ and salad alongside.

Enjoy!