



In your box

3 oz. Sour Cream
½ oz. Grated Parmesan
3 oz. Flour
2 Green Onions
6 fl. oz. Canola Oil
.6 oz. Butter
½ oz. Light Brown Sugar
18 oz. Sweet Potato
2 Zucchini

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Colander, 2 Mixing Bowls, Medium Non-Stick Pan, Baking Sheet, Medium Pot



Italian Parmesan Fried Chicken

with zucchini and brown sugar butter sweet potatoes

NUTRITION per serving—Calories: 986, Carbohydrates: 97g, Fat: 43g, Protein: 52g, Sodium: 1714mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

5 days

Difficulty Level

Expert

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sour cream, green onions**



1

Cook the Sweet Potato

- Peel and cut **sweet potato** into large, evenly-sized chunks. Bring a medium pot with potato chunks covered by water to a boil. Cook until fork-tender, 16-18 minutes.
- Reserve $\frac{1}{2}$ cup **potato cooking water**. Drain potatoes into a colander and return to pot.
- Add $\frac{2}{3}$ the **sour cream** (reserve remaining for chicken), half the potato cooking water, **butter, brown sugar**, $\frac{1}{2}$ tsp. **salt**, and $\frac{1}{4}$ tsp. **pepper**. Mash until smooth. *If too dry, add remaining potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Cover and set aside.
- While potatoes cook, prepare ingredients.



2

Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Trim **zucchini** ends and cut into $\frac{1}{4}$ " slices on an angle.
- In a mixing bowl, combine **Parmesan** and 1 tsp. **green onions** (reserve remaining for zucchini). Set aside.
- Pat **chicken breasts** dry. Cover chicken with plastic wrap, and using a heavy object, pound to an even $\frac{1}{2}$ " thickness. Unwrap, and season both sides with a pinch of **salt** and **pepper**.



3

Roast the Zucchini

- Place **zucchini** and remaining **green onions** on prepared baking sheet and toss with $\frac{1}{2}$ tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Spread into a single layer. Roast in hot oven until tender, 10-12 minutes, flipping once halfway through.
- *Baking sheet will be hot! Use a utensil when flipping.*
- While zucchini roasts, prepare chicken.



4

Prepare the Chicken

- Place **canola oil** in a medium non-stick pan over medium heat. Heat oil, 5 minutes.
- While oil heats, mix remaining **sour cream** and $\frac{1}{4}$ cup **water** in another mixing bowl. Place **flour** in a shallow bowl or on a plate.
- Dip **chicken** in sour cream mixture until completely coated. Then place chicken in flour, flipping to cover both sides and pressing gently to adhere. Repeat process to double-coat chicken, then place chicken on a plate. *For less mess, use one hand for wet mixture, and the other hand for flour.*



5

Fry Chicken and Finish Dish

- Line a plate with paper towel.
- Test **oil** temperature by adding a pinch of flour to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Place **chicken** in hot oil and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes per side.
- Transfer to towel-lined plate. Sprinkle chicken immediately with **Parmesan-green onion mixture**.
- Plate dish as pictured on front of card. Bon appétit!