

DINNERLY



Chicken & Caramelized Onions

Sweet Potato Mash & Peas



20-30min



2 Servings

You can't beat a meal of meat and two veg! Well, actually. A meat and three veg might take the cake. Here we've combined creamy sweet potato mash, peas, and caramelized onions as a flavorful and colorful accompaniment to lean boneless, skinless chicken breasts. It's a dinner that's easy to cook, and easy to eat. We've got you covered!

WHAT WE SEND

- boneless skinless chicken breast
- sweet potato
- medium yellow onion
- peas

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- colander
- medium saucepan
- medium skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Energy 510.0kcal, Fat 21.0g, Proteins 41.0g, Carbs 37.0g



1. Prep ingredients

Halve **onion**, then peel and thinly slice lengthwise, about **1¼ cups**. Peel **sweet potato**, cut into 1-inch pieces.



2. Caramelize onions

Heat **1 tablespoon oil** in medium skillet over medium. Add **onions**. Cover; cook until softened, about 5 minutes. Uncover; season with **a pinch each salt and pepper**. Cook, stirring, until deeply browned, 12–15 minutes. Add water to skillet, 1–2 tablespoons at a time, when skillet starts to brown. Transfer onions to a bowl. Wipe out and reserve skillet for step 4.



3. Make sweet potato mash

In medium saucepan, combine **sweet potatoes** and **2 teaspoons salt**; cover with **½-inch water**. Cover and bring to a boil. Uncover, and cook until fork-tender, 6–7 minutes. Add **peas** and cook until tender, about 3 minutes. Drain potatoes and peas, then return to pot. Coarsely mash with **1 tablespoon butter**. Season to taste with **salt and pepper**. Cover to keep warm.



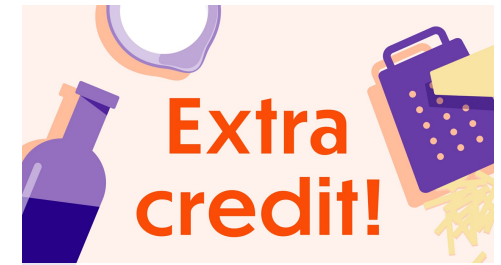
4. Brown chicken

Pat **chicken** dry and season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **2 teaspoons oil** in reserved skillet over medium-high. Add chicken to skillet and cook 2–3 minutes per side, until lightly browned and cooked through.



5. Finish & serve

Transfer **onions** and **¼ cup water** back to skillet. Cook over medium-high heat until **onions** are warm and liquid is mostly evaporated, about 1 minute. Serve with **mashed sweet potatoes** and **peas**. Enjoy!



6. Make it picky eater proof

Picky eater(s) at the table? Cook the sweet potatoes and peas separately instead of together in step 3 and serve the chicken alongside the veggies. Keep the caramelized onions on the side too for those that wish to partake!