



# PEPPERCORN DIJON CHICKEN

with Sweet Potato Rounds & Kale-Apple Salad

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



1 | 1

Shallot



1 TBSP | 2 TBSP

Black Peppercorns



4 oz | 8 oz

Kale



1 tsp | 2 tsp

Garlic Powder



10 oz | 20 oz

Chicken Cutlets



1 | 2

Chicken Demi-Glace  
Contains: Milk



2 TBSP | 4 TBSP

Crème Fraîche  
Contains: Milk



3 oz | 6 oz

Honey Dijon Dressing  
Contains: Eggs



1 | 2

Apple



1 oz | 2 oz

Dried Cranberries



½ oz | 1 oz

Sunflower Seeds



3 TBSP | 6 TBSP

Parmesan Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

### CHICKEN DEMI-GLACE

This richly concentrated stock is the secret to creating an ultra-tasty pan sauce.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 950





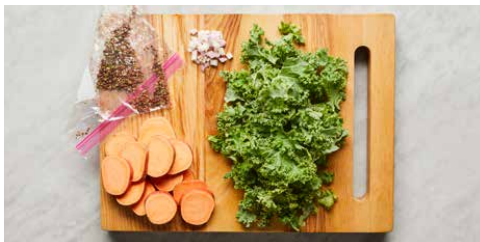
# HELLO FRESH

## KALE YEAH

Why do we ask you to massage your kale *after* adding the salt? It helps the leaves become extra-tender while infusing the greens with flavor as you give them some TLC.

## BUST OUT

- Zip-close bag
  - Paper towels
  - Large bowl
  - Large pan
  - Baking sheet
  - Aluminum foil
  - Kosher salt
  - Black pepper
  - Cooking oil (4 tsp | 4 tsp)
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk



## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Slice **sweet potatoes** into ¼-inch-thick rounds. Remove and discard any large stems from **kale**: chop into bite-size pieces. Halve, peel, and finely dice **half the shallot (whole for 4 servings)**. Place **peppercorns** in a zip-close bag and crush with a heavy-bottomed pan or rolling pin.



## 2 ROAST SWEET POTATOES

- In a large bowl, toss **sweet potatoes** with a **large drizzle of oil**, **half the garlic powder (you'll use the rest later)**, a **couple big pinches of salt**, and **pepper**.
- Arrange on a baking sheet in a single layer. Roast on the top rack until browned and cooked through, 20-25 minutes.



## 3 MASSAGE KALE

- While sweet potatoes roast, place **kale** in bowl used for sweet potatoes and lightly season with **salt**. Using your hands, massage kale (**similar to how you would knead dough**) until leaves are tender, 1 minute. (**TIP: To make kale even more tender, add a drizzle of olive oil along with the salt before massaging.**) Set aside.



## 4 COOK CHICKEN

- Pat **chicken\*** dry with paper towels and season all over with **remaining garlic powder, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, reduce heat to medium and cover after chicken is flipped.**
- Transfer chicken to a cutting board and tent with foil. Turn off heat; rinse and wipe out pan.



## 5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium heat. Add **minced shallot**; cook, stirring occasionally, until lightly browned, 2-3 minutes.
- Add **¼ cup water (½ cup for 4 servings)**, **demi-glace**, and **½ tsp crushed peppercorns (1 tsp for 4)** and bring to a simmer; cook, stirring occasionally, until thickened, 1-3 minutes. Remove from heat.
- Stir in **crème fraîche, half the dressing (you'll use the rest in the next step)**, and **1 TBSP butter (2 TBSP for 4)** until butter is melted. Taste and season with **salt**.



## 6 MAKE SALAD

- Halve, core, and thinly slice **apple**.
- To bowl with **kale**, add apple, **cranberries, sunflower seeds, half the Parmesan**, and **remaining dressing** to taste; toss to coat. Taste and season with **salt** and **pepper**.



## 7 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide chicken, **sweet potatoes**, and **salad** between plates. Spoon **sauce** over chicken. Sprinkle **remaining Parmesan** over salad and serve.

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