

SMOTHERED CHICKEN WITH ONION GRAVY

plus Mashed Potatoes & Garlicky Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



6 oz | 12 oz
Green Beans



1 | 1
Onion



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Chicken Cutlets



1 tsp | 1 tsp
Dried Rosemary



1 TBSP | 2 TBSP
Flour
Contains: Wheat



1 | 2
Beef Stock
Concentrate



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

*The ingredient you received may be a different color.

HELLO

PLAN AHEAD

Set the table (and add candles!) before your guest arrives to reduce stress and show you care!



DATE NIGHT DELIGHTS



Make things Kitchen Official with an unforgettable at-home date night with recipes curated by HelloFresh and Tinder.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610

SMOOTH MOVES

Follow the directions in Step 5 for easy homemade gravy. Pro tip: Start whisking as soon as the flour hits the pan for a silky-smooth finish!

BUST OUT

- Large pot
- Paper towels
- Strainer
- Plastic wrap
- Potato masher
- Mallet
- Baking sheet
- Large pan
- Aluminum foil
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (3 TBSP | 6 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim **green beans** if necessary. Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**.



4 SEASON & COOK CHICKEN

- Pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **half the rosemary (all for 4 servings), remaining garlic powder, salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a plate and cover with foil to keep warm. Wipe out pan and let cool slightly.



2 COOK POTATOES

- Place **potatoes** in a large pot with enough **salted water to cover by 2 inches.** Bring to a boil and cook until tender, 15-20 minutes. Reserve **1 cup potato cooking liquid**, then drain.
- Return potatoes to pot. Add **sour cream** and **2 TBSP butter (4 TBSP for 4 servings)**; mash until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Taste and season with **salt** and **pepper** if desired. Cover and set aside until ready to serve.



5 MAKE GRAVY

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in pan used for chicken over medium-low heat. Add **diced onion**; cook, stirring, until softened, 2-3 minutes.
- Sprinkle onion with **flour**; stir until coated. Whisk in **½ cup water (1 cup for 4)** and **stock concentrate.** Bring to a simmer and cook, stirring occasionally, until thickened, 2-3 minutes. **TIP: If gravy seems too thick, stir in another splash of water.**



3 ROAST GREEN BEANS

- While potatoes cook, toss **green beans** on a baking sheet with a **drizzle of oil, half the garlic powder, salt, and pepper.** Roast on top rack until browned and tender, 12-15 minutes.
- Cover with foil to keep warm until ready to serve.



6 SERVE

- Divide **chicken, mashed potatoes, and green beans** between plates. Spoon **onion gravy** over chicken and mashed potatoes. Serve.