



CREAMY DIJON DILL CHICKEN

with Roasted Potatoes & Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



8 oz | 16 oz
Broccoli



¼ oz | ¼ oz
Dill



10 oz | 20 oz
Chicken Cutlets



1 | 2
Chicken Stock
Concentrate



2 tsp | 4 tsp
Dijon Mustard



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 670



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 500



HELLO

CREAMY DILL SAUCE

Drizzle over everything for a dose of tangy richness and fresh, herby flavor.

WORTH THE WHISK

Before you begin Step 5, whisk stock concentrate, water, dill, and mustard in a liquid measuring cup. Then you can add everything to the hot pan at once!

BUST OUT

- 2 Baking sheets • Large pan
- Paper towels

- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Cut **broccoli** into bite-size pieces if necessary. Pick and finely chop **fronds from dill.**



2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on top rack until lightly browned and tender, 20-25 minutes.



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels and season all over with **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.
- Turn off heat; transfer chicken to a cutting board to rest.

- 🔄 Swap in **salmon*** for chicken. Cook (**skin sides down**) until skin is crisp, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more. Transfer to a plate to rest.



4 ROAST BROCCOLI

- While chicken cooks, toss **broccoli** on a second baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on middle rack until tender, 12-15 minutes.



5 MAKE SAUCE

- Heat pan used for chicken over medium heat. Stir in **stock concentrate, 2 TBSP water (4 TBSP for 4 servings),** and as much **chopped dill** and **mustard** as you like.
- Remove pan from heat; stir in **sour cream** and **1 TBSP butter (2 TBSP for 4),** scraping up any browned bits from bottom of pan. Season with **salt** and **pepper.** **TIP: If sauce seems too thick, add more water 1 tsp at a time until it reaches a drizzling consistency.**



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide chicken, **potatoes,** and **broccoli** between plates and drizzle with **sauce.** Garnish with any **remaining chopped dill** if desired and serve.
- 🔄 Serve **salmon** as instructed (**no need to slice!**).

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

🔄 *Salmon is fully cooked when internal temperature reaches 145°.