



PAPRIKA CHICKEN IN A LEMONY SAUCE

with Pistachio Rice & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 2
Scallions



¼ oz | ¼ oz
Thyme



1 | 1
Lemon



½ Cup | 1 Cup
Basmati Rice



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Paprika



1 | 2
Chicken Stock
Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP!



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: 790



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



HELLO

PISTACHIO RICE

Toasty-sweet pistachios add crunch and depth to basmati rice.

LIFE HACK

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Paper towels
- Large pan

- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 1 TBSP)

Contains: Milk

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens. Strip **1 tsp thyme leaves (2 tsp for 4 servings)** from stems; finely chop leaves. Zest and quarter **lemon**.



4 COOK CHICKEN

- While rice cooks, pat **chicken*** dry with paper towels and season all over with **paprika, salt, and pepper.**
- Heat a **drizzle of olive 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 is browning too quickly, reduce heat to medium.**
- Turn off heat; transfer to a plate. Wipe out pan.

- Swap in **salmon*** for chicken; cook (skin sides down) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **drizzle of olive oil, salt, and pepper.**
- Roast on top rack until golden brown and tender, 20-25 minutes.



5 MAKE SAUCE

- Melt **1 TBSP butter** in pan used for chicken over medium heat. Add **chopped thyme**; cook until fragrant, 30 seconds.
- Stir in **stock concentrate** and **¼ cup water (½ cup for 4 servings)**. Bring to a simmer, then immediately turn off heat.
- Stir in **sour cream** and a **squeeze of lemon juice**. Season with **pepper**.



3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**; cook, stirring occasionally, until just softened, 1 minute.
- Stir in **rice, ¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **lemon zest** and **pistachios**. **(TIP: For extra richness, stir in 1 TBSP butter; 2 TBSP for 4 servings.)** Season with **salt and pepper**.
 - Divide rice, **carrots**, and **chicken** between plates. Top chicken with **sauce** and sprinkle with **scallion greens**. Serve with **remaining lemon wedges** on the side.
- Top **salmon** with **sauce** and sprinkle with **scallion greens**.