



CREAMY CARAMELIZED ONION CHICKEN

with Apple, Walnut & Carrot Salad

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Apple



1 | 2
Onion



¼ oz | ¼ oz
Parsley



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



2 oz | 4 oz
Mixed Greens



5 tsp | 5 tsp
White Wine Vinegar



1 tsp | 1 tsp
Dried Thyme



10 oz | 20 oz
Chicken Cutlets



1 | 2
Chicken Stock Concentrate



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1.5 oz | 3 oz
Honey Dijon Dressing
Contains: Eggs



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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: 770



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600

Summer
BAKING
CHAMPIONSHIP

ALL NEW
MONDAYS 8/7C
ON FOOD NETWORK



HELLO FRESH

HELLO

CARAMELIZED ONION

Thinly sliced onion gets deeply browned and softened until it's sweet and silky

MAIN SQUEEZE

Got a lemon handy? Squeeze it directly over your diced apple in step 1. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.

BUST OUT

- Peeler
 - Large bowl
 - Large pan
 - Small bowl
 - Paper towels
 - Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - Sugar (1 tsp | 2 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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

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



1 PREP

- Wash and dry produce.
- Trim and peel **carrots**. Halve lengthwise, then slice into ¼-inch-thick half-moons. Halve, core, and dice **apple** into ½-inch pieces. Halve, peel, and thinly slice **onion**. Finely chop **parsley**. Roughly chop **walnuts**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in pan used for onion over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Remove from pan and set aside. Cover to keep warm.

- Swap in **salmon†** for chicken. Cook, skin sides down, until skin is crisp, 5-7 minutes. Flip salmon and cook until cooked through, 1-2 minutes more. Transfer to a plate and cover to keep warm.



2 MAKE SALAD

- In a large bowl, toss **mixed greens** with **carrot** and **apple**. Set aside.



5 MAKE SAUCE

- Return **caramelized onion** to pan. Stir in **stock concentrate**, ½ **tsp vinegar** (1 **tsp for 4 servings**), and ¼ **cup water** (½ **cup for 4**). Cook, stirring, until combined and thickened, 2-3 minutes.
- Remove pan from heat. Stir in **crème fraîche**, **cream cheese**, **half the parsley**, and **1 TBSP butter** (2 **TBSP for 4**) until combined. **TIP: If sauce seems too thick, stir in water 1 TBSP at a time.**



3 CARAMELIZE ONION

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **onion** and cook, stirring occasionally, until browned and softened, 8-10 minutes.
- Add **2 tsp vinegar**, ¼ **tsp thyme** (**we sent more**), **1 tsp sugar**, and a **splash of water** (for 4 servings, use 4 **tsp vinegar**, ½ **tsp thyme**, and 2 **tsp sugar**). Cook, stirring occasionally, until caramelized and jammy, 2-3 minutes. (**TIP: If pan seems dry, stir in more splashes of water.**) Season with **salt** and **pepper**.
- Turn off heat; transfer to a small bowl. Wipe out pan.



6 FINISH & SERVE

- Drizzle **dressing** over **salad**; toss to coat.
- Divide **chicken** and salad between plates. Pour **sauce** over chicken. Top salad with **walnuts**. Garnish everything with **remaining parsley** and serve.

WK 24-17