



CREAMY GARDEN HERB CHICKEN

with Roasted Carrots & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



6 oz | 12 oz
Green Beans



1 Clove | 2 Cloves
Garlic



1 | 2
Lemon



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 2 TBSP
Ranch Spice



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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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: 660



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 490



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

WORTH THE WHISK

To make this silky, creamy sauce, you'll be combining concentrated ingredients; whisk well until fully blended and smooth.

BUST OUT

- Peeler
 - Paper towels
 - Zester
 - Large pan
 - Baking sheet
 - Whisk
-
- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 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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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 (**halve carrots lengthwise if they're on the larger side**). Trim **green beans** if necessary. Peel and mince or grate **garlic**. Zest and quarter **lemon**.



4 FINISH CARROTS & COOK BEANS

- Once **carrots** have roasted 10 minutes, remove sheet from oven. Carefully toss **green beans** on opposite side of sheet with a **drizzle of oil, salt, and pepper**.
- Return sheet to top rack and roast until carrots are browned and green beans are tender, 12-15 minutes more.



2 START CARROTS

- Toss **carrots** on one side of a baking sheet with **1 tsp Ranch Spice (2 tsp for 4 servings)**, a **drizzle of oil, salt, and pepper**. (**You'll use the rest of the Ranch Spice in the next step.**)
- Roast on top rack for 10 minutes (**you'll add more to the sheet then**).



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for chicken over medium heat. Add **garlic** and cook, stirring, until fragrant, 30 seconds. Whisk in **stock concentrate, cream cheese, a squeeze of lemon juice, and ½ cup water (½ cup for 4 servings)**. Cook, whisking, until thickened, 2-3 minutes.
- Remove pan from heat. Whisk in **sour cream, 1 TBSP butter (2 TBSP for 4)**, and a **pinch of lemon zest** until butter is melted and sauce is combined. Taste and season with **salt and pepper**.



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season all over with **remaining Ranch Spice, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add chicken and cook until browned and cooked through, 6-8 minutes per side. Turn off heat; transfer chicken to a cutting board to rest. Wipe out pan.

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



6 FINISH & SERVE

- Slice **chicken** crosswise.
 - Divide chicken, **carrots**, and **green beans** between plates. Spoon **sauce** over chicken. Serve with **remaining lemon wedges** on the side.
- 🔄 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°.