

# **INGREDIENTS**

2 PERSON | 4 PERSON

8 oz | 16 oz

Broccoli



Carrots



1 Clove | 2 Cloves Garlic



10 oz | 20 oz Chicken Cutlets



2 TBSP | 4 TBSP Cream Cheese Contains: Milk



1 | 2 Mushroom Stock Concentrate



¼ Cup | ½ Cup Monterey Jack Cheese Contains: Milk

Tomato

1 TBSP | 1 TBSP Tuscan Heat

Spice



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



# **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



# **TUSCAN-SPICED CHICKEN & CHEESY BROCCOLI**

with Garlic-Tomato Pan Sauce & Roasted Carrots



PREP: 10 MIN COOK: 35 MIN CALORIES: 530



# HELLO

# **TUSCAN HEAT SPICE**

Our blend of aromatic Italian-style herbs also packs a peppery punch.

# DRY. DRY AGAIN

Why do we always ask you to pat your meat dry with paper towels? Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning once the chicken hits the hot pan for deliciously crispy, caramelized edges.

# **BUST OUT**

- Peeler
- Paper towels
- Baking sheet
- Large pan
- Kosher salt
- · Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (2 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.)

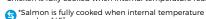
For HelloCustom nutritional information, please refer to HelloFresh.com.

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





### 1 PREP

- · Adjust rack to top position (top and middle for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim. peel, and cut carrots on a diagonal into ½-inch-thick pieces. Cut **broccoli** into bite-size pieces if necessary. Peel and mince or grate garlic. Dice tomato into 1/4-inch pieces.



## **2 ROAST CARROTS**

• Toss carrots on one side of a baking sheet with a drizzle of olive oil, salt, and **pepper**. Roast on top rack for 5 minutes (you'll add the broccoli then).



## **3 ROAST BROCCOLI**

- Once carrots have roasted 5 minutes. remove sheet from oven. Carefully toss broccoli on empty side with a large drizzle of olive oil, salt, and pepper. (For 4, toss broccoli on a second baking sheet; roast broccoli on top rack and carrots on middle rack.)
- · Return sheet to top rack and roast until veggies are browned and tender. 15-20 minutes.



# **4 COOK CHICKEN**

- Meanwhile, pat **chicken\*** dry with paper towels and season all over with 1/2 tsp Tuscan Heat Spice (1 tsp for 4 servings), 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. (TIP: if chicken starts to brown too quickly, reduce heat to medium and add a splash or two of water.)
- Turn off heat; transfer to a cutting board to rest. 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.



# **5 MAKE SAUCE**

- Heat a drizzle of oil in same pan over medium-high heat. Add garlic and tomato. Cook, stirring, until fragrant and softened, 30-60 seconds.
- Stir in cream cheese stock concentrate, half the Monterey Jack, 1/2 cup water (1 cup for 4 servings). and a pinch of Tuscan Heat Spice (we used 1/4 tsp; about 1/3 tsp for 4) until melted and combined. Cook, stirring occasionally, until sauce has thickened. 1-3 minutes.
- Remove pan from heat and stir in 1 TBSP butter (2 TBSP for 4) until melted. Season with salt and pepper.



# 6 FINISH & SERVE

- When veggies are almost done. remove sheet from oven. Carefully push **broccoli** into two bunches on sheet and sprinkle with remaining Monterey Jack (for 4 servings, remove sheet with broccoli from oven and carefully push broccoli into four bunches). Return to top rack and roast until cheese melts. 2-3 minutes.
- Slice chicken crosswise.
- Divide chicken, broccoli, and carrots between plates. Spoon sauce over chicken and serve.
- Skip slicing salmon.

