



TUSCAN-SPICED CHICKEN & CHEESY BROCCOLI

with Garlic-Tomato Pan Sauce & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



8 oz | 16 oz
Broccoli



1 | 2
Tomato



1 Clove | 2 Cloves
Garlic



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 1 TBSP
Tuscan Heat
Spice



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Mushroom Stock
Concentrate



¼ Cup | ½ Cup
Monterey Jack
Cheese
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: 700



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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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 ¼-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 ½ 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.



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, ½ cup water** (1 cup for 4 servings), and a **pinch of Tuscan Heat Spice** (**we used ¼ tsp; about ⅓ 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.



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.



Skip slicing salmon.

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

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