



# ITALIAN HERB CHICKEN & CREAMY POLENTA

with Zucchini

## INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 1 TBSP  
Italian Seasoning



1 | 2  
Zucchini



8.8 oz | 17.6 oz  
Precooked Polenta



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



1 | 2  
Chicken Stock  
Concentrate



ANY ISSUES WITH YOUR ORDER?  
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THERE TOO. SCAN HERE TO GET HELP!



### HELLO

### PRECOOKED POLENTA

All that creamy, savory polenta joy, without the wait. Simply heat, mix, and enjoy!

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 420



## GET IT DOWN PAT

Blotting moisture from the chicken with paper towels helps the seasonings stick and ensures even browning.

## BUST OUT

- Paper towels
- Large pan
- Small pot
- Potato masher
- Whisk
- Kosher salt
- Black pepper
- 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 COOK CHICKEN

- Pat **chicken\*** dry with paper towels and season all over with **half the Italian Seasoning (all for 4 servings), salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



### 3 COOK POLENTA

- Meanwhile, in a small pot, combine **polenta** and **1/3 cup water (2/3 cup for 4 servings)** over medium heat. Mash with a potato masher until mostly smooth, 30-60 seconds (**remaining lumps will be broken up when whisking**).
- Whisk in **cream cheese, sour cream, stock concentrate, and 1 TBSP butter (2 TBSP for 4)**; simmer until thickened, 3-4 minutes. Taste and season with **salt and pepper** if desired. **TIP: If polenta seems too thick, stir in a splash of water.**



### 2 PREP & COOK ZUCCHINI

- While chicken cooks, **wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice into 1/2-inch-thick half-moons.
- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add zucchini; season with **salt and pepper.** Cook, stirring, until softened and lightly browned, 5-7 minutes (**7-10 minutes for 4 servings**).



### 4 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **polenta** between bowls and top with chicken and **zucchini.** Serve.

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