



PAPRIKA CHICKEN IN A LEMONY SAUCE

with Pistachio Rice & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



2 | 4
Scallions



¼ oz | ¼ oz
Thyme



1 | 2
Lemon



½ Cup | 1 Cup
Basmati Rice



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Paprika



1 | 2
Chicken Stock
Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



6 oz | 12 oz
Asparagus
Calories: 600



8 oz | 16 oz
Broccoli
Calories: 630



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610



HELLO

PISTACHIO RICE

Toasty-sweet pistachios add crunch and depth to basmati rice.

IN NO THYME

Pinch the thyme sprig near the top with one hand, then pull down with your other hand like a zipper. The fragrant leaves will pop right off!

BUST OUT

- Zester
- Paper towels
- Baking sheet
- Large pan
- Small pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 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 **green beans** if necessary. Trim and thinly slice **scallions**, separating whites from greens. Strip **1 tsp thyme leaves (2 tsp for 4 servings)** from stems; finely chop leaves. Zest and quarter **lemon**.
- Trim and discard bottom 1 inch from **asparagus** or cut **broccoli** into bite-size pieces if necessary.



4 COOK CHICKEN

- While rice cooks, pat **chicken*** dry with paper towels and season all over with **paprika, salt, and pepper**.
- Heat a **drizzle of olive 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 begins to brown too quickly, lower the heat.**
- Turn off heat; transfer to a plate. Wipe out pan.



2 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of olive oil, salt, and pepper**.
- Roast on top rack until golden brown and tender, 12-15 minutes.
- Swap in **asparagus** or **broccoli** for green beans. Roast until tender and lightly browned, 10-12 minutes for asparagus or 15-20 minutes for broccoli.



5 MAKE SAUCE

- Melt **1 TBSP butter** in same pan used for chicken over medium heat. Add **chopped thyme**; cook until fragrant, 30 seconds.
- Stir in **stock concentrate** and **¼ cup water (½ cup for 4 servings)**. Bring to a simmer, then immediately turn off heat.
- Stir in **sour cream** and a **squeeze of lemon juice**. Season with **pepper**.



3 COOK RICE

- Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **scallion whites**; cook, stirring occasionally, until just softened, 1 minute.
- Stir in **rice, ¾ cup water (1½ cups for 4)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **lemon zest** and **pistachios**. Season with **salt and pepper**.
- Divide rice, **green beans**, and **chicken** between plates. Top chicken with **sauce** and sprinkle with **scallion greens**. Serve with **remaining lemon wedges** on the side.

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