

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz Green Beans



Lemon



1 tsp | 2 tsp Paprika



Chicken Stock Concentrate

½ Cup | 1 Cup

Basmati Rice



Scallions



1/4 oz | 1/4 oz Thyme



10 oz | 20 oz Chicken Cutlets





11/2 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 G Calories: 600

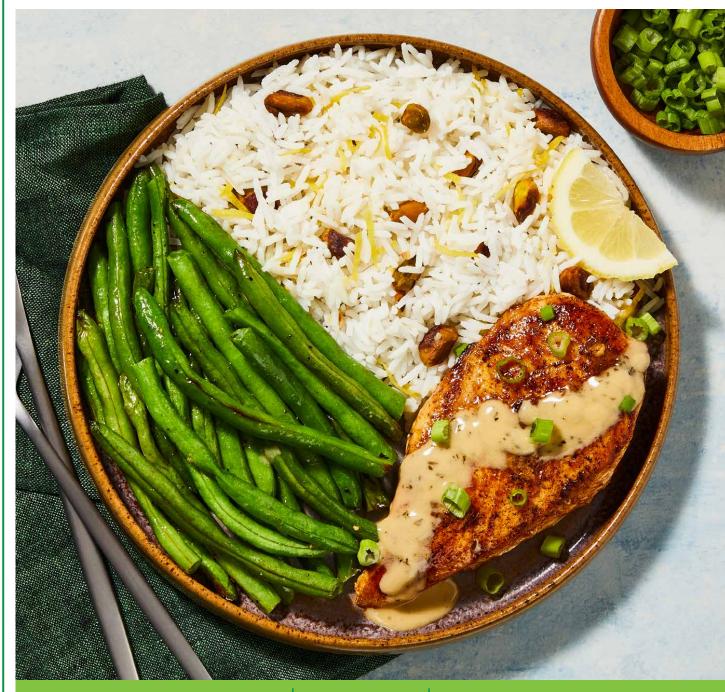


Broccoli

Calories: 630

PAPRIKA CHICKEN IN A LEMONY SAUCE

with Pistachio Rice & Roasted Green Beans



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 bitesize pieces if necessary.



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.



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.



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.



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.



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.