



# ONE-PAN HOMESTYLE CREAMY CHICKEN BAKE

with Chicken Thighs, Peas & Cauliflower-Parm Topping

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Carrots



2 | 4  
Scallions



6 oz | 12 oz  
Cauliflower Rice



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



10 oz | 20 oz  
Diced Chicken  
Thighs



1 tsp | 1 tsp  
Dried Thyme



1 tsp | 1 tsp  
Garlic Powder



2 TBSP | 4 TBSP  
Flour  
Contains: Wheat



2 | 4  
Chicken Stock  
Concentrates



4 oz | 8 oz  
Peas



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



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



HELLO

### HIDDEN VEGGIES

Cauliflower "rice" mixed into the savory, cheesy topping adds nourishing oomph!



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 630



## GET IT DOWN PAT

Drying the chicken with paper towels helps the seasonings stick and ensures even browning when it hits the hot pan.

## BUST OUT

- Paper towels
- Plastic wrap
- Peeler
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 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 and preheat oven to 450 degrees. **Wash and dry produce.**
- Pat **cauliflower rice** dry with paper towels. Trim, peel, and cut **carrots** lengthwise into quarters; slice into ½-inch pieces. Thinly slice **scallions**, separating whites from greens.



### 4 ASSEMBLE SKILLET BAKE

- Heat a **large drizzle of oil** in pan used for chicken over medium-high heat. Add **carrots**, **scallion whites**, and **half the garlic powder** (all for 4 servings). Cook, stirring occasionally, until veggies begin to soften, 3-4 minutes.
- Return **chicken** to pan. Evenly sprinkle **flour** over **chicken and veggies** and cook, stirring, until no lumps remain, 30-60 seconds.
- Add **1¼ cups water** (2½ cups for 4) and **stock concentrates**. Cook, stirring, until sauce has thickened, 2-4 minutes. Remove from heat.
- Stir in **peas** and **cream cheese** until combined. Taste and season with **salt** and **pepper** if desired.



### 2 MAKE TOPPING

- Place **2 TBSP butter** (4 TBSP for 4 servings) in a medium microwave-safe bowl. Cover with plastic wrap and microwave until melted, 30 seconds.
- Stir in **cauliflower rice**, **panko**, **Parmesan**, **salt**, and **pepper**. Set aside until ready to use in Step 5.



### 5 FINISH SKILLET BAKE

- Smooth **chicken and veggie mixture** out in an even layer with the back of a spoon. **TIP: If your pan isn't ovenproof, transfer filling to an 8-by-8-inch baking dish (13-by-9-inch baking dish for 4) now.**
- Sprinkle with **cauliflower-Parmesan topping**.
- Bake on top rack until topping is golden brown, 12-15 minutes.



### 3 COOK CHICKEN

- Pat **chicken\*** dry with paper towels.
- Heat a **drizzle of oil** in a large, preferably ovenproof, pan over medium-high heat. Add chicken, **half the thyme** (all for 4 servings), **salt**, and **pepper** to pan. Cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes.
- Turn off heat; transfer to a plate. Wipe out pan.



### 6 FINISH & SERVE

- Garnish **chicken bake** with **scallion greens**. Divide between plates or serve family style directly from pan.