



POLENTA WITH ZUCCHINI & CARROT RAGÙ

plus Toasted Ciabatta Points & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Onion



1 | 2
Zucchini



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Italian Seasoning



13.76 oz | 27.52 oz
Crushed Tomatoes



8.8 oz | 17.6 oz
Precooked Polenta



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 | 2
Ciabatta
Contains: Soy, Wheat



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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
Chicken Cutlets

Calories: 750



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 570



HELLO

PRECOOKED POLENTA

Savory, creamy, and delicious—without the wait! Simply heat, mix, and serve.

CLOVE LOVE

Upgrade your toasted ciabatta points to garlic bread! Firmly rub a peeled garlic clove over the toasted bread's rough surface before cutting into quarters to impart that famously savory zip.

BUST OUT

- Peeler
 - Large pan
 - Small pot
 - Potato masher
 - Whisk
 - Paper towels
 - Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
 - Sugar (½ tsp | 1 tsp)
 - Olive oil (1 tsp | 1 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.

HOW WAS YOUR MEAL?



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1 PREP

- Wash and dry produce.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.

Pat **chicken*** dry with paper towels and season all over with **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 MAKE POLENTA & TOAST

- Meanwhile, heat a small pot over medium heat. Add **polenta** and ⅓ cup **water** (⅔ cup for 4 servings). Mash with a potato masher until mostly smooth, 30-60 seconds.
- Whisk in **sour cream**, **cream cheese**, **Parmesan**, and **1 TBSP butter** (2 TBSP for 4); cook, whisking occasionally, until thickened, 3-4 minutes. Taste and season with **salt** and **pepper** if desired. (If polenta seems too thick, add water 1 TBSP at a time until it reaches desired consistency.)
- Meanwhile, halve and toast **ciabatta**.



2 MAKE RAGÙ

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **carrots**, **onion**, and **zucchini**; season with **garlic powder**, **half the Italian Seasoning** (all for 4 servings), **salt**, and **pepper**. Cook, stirring occasionally, until veggies are softened and lightly browned, 7-10 minutes.
- Add **crushed tomatoes**, ¼ cup **water**, and ½ tsp **sugar** (½ cup water and 1 tsp sugar for 4). Cook, stirring occasionally, until sauce has slightly thickened, 2-4 minutes.

Use pan used for chicken here.



4 FINISH & SERVE

- Cut **ciabatta** on a diagonal into triangles and drizzle with **olive oil**.
- Divide **polenta** and **ragù** between shallow bowls in separate sections. Serve ciabatta on the side.

Slice **chicken** crosswise. Serve atop **polenta**.

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