



CREAMY CHIVE CHICKEN

with Lemony Rice & Dijon Apple Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lemon



¼ oz | ½ oz
Chives



1 | 1
Apple



½ Cup | 1 Cup
Jasmine Rice



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Chicken Cutlets



1 | 2
Chicken Stock Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 oz | 4 oz
Mixed Greens



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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.



1½ Cups | 2½ Cups
Brown Rice

Calories: 910



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 610



HELLO

CHIVES

A sprinkle of this awesome allium adds a fresh, oniony bite to creamy Dijon pan sauce.

WHISKED AWAY

Mustard will help the oil and lemon juice emulsify (chef speak for combining elements that don't normally like each other) in Step 3, but it's natural for a dressing to separate over time. Just give the mixture a quick whisk or stir if it does.

BUST OUT

- Zester
 - Small pot
 - Medium bowl
 - Paper towels
 - Large pan
 - Kosher salt
 - Black pepper
 - Olive oil (5 tsp | 8 tsp)
 - Sugar (½ 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.

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1 PREP

- Wash and dry produce.
- Zest and quarter **lemon** (for 4 servings, zest one lemon and quarter both). Mince **chives**. Halve and core **apple**; quarter one half lengthwise, then thinly slice crosswise into triangles (quarter and slice whole apple for 4).



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **large drizzle of olive oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a plate. Wipe out pan.



2 COOK RICE

- In a small pot, combine **rice**, **¾ cup water** (1½ cups water for 4 servings), 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.

- Swap in **brown rice** for jasmine rice, using 1¾ cups water (3½ cups for 4 servings), and a **pinch of salt**. Cook until brown rice is tender, 20-25 minutes. (Save **jasmine rice** for another use.)



5 MAKE PAN SAUCE

- Heat same pan over medium-high heat. Add **stock concentrate**, **remaining mustard**, **¼ cup water** (½ cup for 4 servings), and a **squeeze of lemon juice**. Simmer until slightly thickened, 1-2 minutes. Turn off heat.
- Stir in **sour cream** and **remaining chives**. Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.



3 MAKE DRESSING

- While rice cooks, in a medium bowl, combine **1 TBSP olive oil** (2 TBSP for 4 servings), **juice from half the lemon**, **half the mustard** (you'll use the rest later), **½ tsp sugar** (1 tsp for 4), **salt**, and **pepper**. Stir in **half the chives**. Set aside.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and **lemon zest**. Season with **salt** and **pepper**.
- Add **mixed greens** and **sliced apple** to bowl with **dressing**. Toss to combine; season with **salt** and **pepper**.
- Divide **chicken**, **rice**, and **salad** between plates. Drizzle chicken with **pan sauce**. Cut **remaining lemon** into wedges and serve on the side.

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