



TUSCAN POLENTA & BRUSSELS SPROUT BOWLS

plus Tomato, Carrots & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



6 oz | 12 oz
Carrots



1 | 2
Red Onion



1 | 2
Tomato



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 TBSP | 1 TBSP
Tuscan Heat Spice



1 | 2
Precooked Polenta



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



1 | 2
Veggie Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



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: 670



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 480



HELLO

PRECOOKED POLENTA

All the creamy, savory joy, without the wait. Just heat, mix, and enjoy!

SPROUTS HONOR

Prefer your Brussels sprouts extra crispy? In Step 2, arrange them cut sides down. That flat surface will brown beautifully in the oven.

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Potato masher
- Whisk
- Paper towels 🇺🇸
- Large pan 🇺🇸
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 4 tsp)
- Cooking oil (2 tsp | 2 tsp) (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

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim and halve Brussels sprouts. Trim, peel, and cut carrots on a diagonal into 1/2-inch-thick pieces. Halve, peel, and cut onion into 1/2-inch-thick wedges. Halve tomato; cut into 1/2-inch-thick wedges. Peel and mince or grate garlic. Zest and quarter lemon.



3 MAKE POLENTA

- Meanwhile, in a small pot, combine polenta and 1/3 cup water (2/3 cup for 4 servings) over medium heat. Mash with a potato masher until mostly smooth, 30-60 seconds.
- Add sour cream, cream cheese, stock concentrate, half the Parmesan, and 1 TBSP butter (2 TBSP for 4).
- Whisk until cheese melts and polenta is simmering and thickened, 2-3 minutes more. Season with salt and pepper to taste. Keep covered off heat until ready to serve.



2 ROAST VEGGIES

- On a baking sheet, toss Brussels sprouts, carrots, onion, tomato, and garlic with a large drizzle of oil, half the Tuscan Heat Spice (all for 4 servings), salt, and pepper. (For 4, toss as instructed, then divide between two baking sheets.)
- Roast on top rack until browned and tender, 15-20 minutes. (For 4, roast on top and middle racks, swapping rack positions halfway through cooking.)

- 🇺🇸 While veggies roast, pat chicken* dry with paper towels; season 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. Transfer to a cutting board to rest.



4 FINISH & SERVE

- Once veggies are done roasting, carefully add juice from half the lemon (whole lemon for 4 servings) and lemon zest to taste; toss to combine. Taste and season with salt and pepper if needed.
- Before serving, briefly stir polenta (rewarm over medium heat if necessary). TIP: If polenta seems too thick, stir in a splash of water.
- Divide polenta between shallow bowls and top with roasted veggies. Drizzle with olive oil and sprinkle with remaining Parmesan. Serve with any remaining lemon wedges on the side.

- 🇺🇸 Slice chicken crosswise; serve atop polenta along with roasted veggies.

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