



SOUR CREAM & ONION CHICKEN

with Mashed Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



12 oz | 24 oz
Potatoes*



12 oz | 24 oz
Carrots



10 oz | 20 oz
Chicken Cutlets



½ oz | 1 oz
Vidalia Onion Paste



2 | 4
Scallions



1½ TBSP | 3 TBSP
Sour Cream
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.

*The ingredient you received may be a different color.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



6 oz | 12 oz
Asparagus
Calories: 720



8 oz | 16 oz
Broccoli
Calories: 750



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 770



BUST OUT

- Medium pot
- Strainer
- Peeler
- Baking sheet
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Potato masher
- Whisk

- Kosher Salt
- Black Pepper
- Cooking Oil
- Sugar
- Butter
- 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.



1 START PREP & COOK POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Place potatoes in a medium pot with enough **salted water to cover by 2 inches.** Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain. Return potatoes to pot. **(You'll finish the potatoes in Step 4.)**



2 FINISH PREP & ROAST CARROTS

- While potatoes cook, trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- Toss carrots on a baking sheet with a **large drizzle of oil.** Season with **salt and pepper.** Roast on top rack until tender, 20-25 minutes.

- Trim and discard woody bottom ends from **asparagus** or cut **broccoli** into bite-size pieces if necessary. Swap in asparagus or broccoli for carrots. Roast until browned and tender, 10-12 minutes. (Save carrots for another use.)



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick.
- 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. Reserve pan.



4 MAKE MASHED POTATOES

- To pot with **potatoes**, add **3 TBSP butter** (6 TBSP for 4 servings) and season with **salt and pepper.** Mash until smooth, adding **splashes of reserved potato cooking liquid** as needed.
- Cover and set aside.



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for chicken over medium heat. Add **scallion whites** and cook, stirring, until fragrant, 30-60 seconds.
- Whisk in **cream sauce base, onion paste,** and **¼ cup water** (½ cup for 4 servings). Cook, whisking, until slightly thickened, 2-3 minutes.
- Remove from heat and whisk in **sour cream** and a **pinch of sugar** until smooth.



6 FINISH CHICKEN

- Slice **chicken** crosswise and add to pan with **sauce.** Toss to coat.



7 SERVE

- Divide **mashed potatoes, chicken,** and **carrots** between plates. Spoon any **remaining sauce** over chicken. Garnish chicken and mashed potatoes with **scallion greens** and serve.