



# CREAMY DIJON DILL CHICKEN

with Roasted Potatoes & Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 2  
Broccoli



¼ oz | ¼ oz  
Dill



10 oz | 20 oz  
Chicken Cutlets



1 | 2  
Chicken Stock  
Concentrate



2 tsp | 4 tsp  
Dijon Mustard



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.



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 670



10 oz | 20 oz  
Steelhead Trout  
Contains: Fish

Calories: 700



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 510





HELLO

### CREAMY DILL SAUCE

Drizzled on chicken for tangy richness and fresh, herby flavor

### WORTH THE WHISK

Before you begin Step 5, whisk stock concentrate, water, dill, and mustard in a liquid measuring cup. Then you can add everything to the hot pan at once!

### BUST OUT

- 2 Baking sheets
  - Large pan
  - Paper towels
  - Kosher salt
  - Black pepper
  - Cooking oil (1 TBSP | 1 TBSP)
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate MORE IS MORE card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

### HOW WAS YOUR MEAL?



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### 1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Cut **broccoli** into bite-size pieces if necessary. Pick and finely chop **fronds from dill.**



### 2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on top rack until lightly browned and tender, 20-25 minutes.



### 3 COOK CHICKEN

- Meanwhile, 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 and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer chicken to a cutting board to rest.

- 🍷 Swap in **salmon\*** or **trout\*** for chicken.
- 🍷 Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Cook salmon or trout (**skin sides down**) until skin is crisp, 5-7 minutes for salmon or 5-6 minutes for trout, then flip and cook until cooked through, 1-2 minutes more for salmon or 4-6 minutes more for trout. Transfer to a plate to rest.



### 4 ROAST BROCCOLI

- While chicken cooks, toss **broccoli** on a second baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on middle rack until tender, 12-15 minutes.



### 5 MAKE SAUCE

- Heat pan used for chicken over medium heat. Stir in **stock concentrate**, **2 TBSP water** (4 TBSP for 4 servings), and as much **chopped dill** and **mustard** as you like.
- Remove pan from heat: stir in **sour cream** and **1 TBSP butter** (2 TBSP for 4), scraping up any browned bits from bottom of pan. Season with **salt** and **pepper.** **TIP: If sauce seems too thick, add more water 1 tsp at a time until it reaches a drizzling consistency.**



### 6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide chicken, **potatoes**, and **broccoli** between plates and drizzle with **sauce.** Garnish with any **remaining chopped dill** if desired and serve.

- 🍷 Skip slicing **salmon** or **trout.**
- 🍷

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

🍷 \*Fish is fully cooked when internal temperature reaches 145°.