



# CANTINA CHICKEN & CHEESY POLENTA AREPAS

with Tomato, Pickled Red Onion & Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Tomato



1 TBSP | 2 TBSP  
Mexican Spice Blend



1 | 2  
Red Onion



82 g | 164 g  
Tempura Batter Mix  
Contains: Milk, Eggs, Wheat



1 | 2  
Lime



1 | 2  
Precooked Polenta



¼ oz | ½ oz  
Cilantro



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 Cup(s) | 2 Cup(s)  
Mozzarella Cheese  
Contains: Milk



10 oz | 20 oz  
Chicken Cutlets



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HELLO

AREPAS

Savory griddled corn cakes with origins in Colombia and Venezuela



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 880



# HELLO FRESH

## BUST OUT

- 2 Small bowls
- Baking sheet
- Large pan
- Large bowl
- Paper towels
- Plastic wrap
- Kosher Salt
- Black Pepper
- Olive Oil
- Sugar
- Cooking Oil

## 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.*



## 1 MAKE DOUGH

- Adjust rack to middle position and preheat oven to 375 degrees. **Wash and dry produce.**
- Drain **polenta**. In a large bowl, crumble polenta into small pieces, about the size of a pea. Add **tempura batter mix**, **half the mozzarella**, and **1 TBSP olive oil (2 TBSP for 4 servings)** to bowl with polenta. Using your hands, mash to combine until tempura batter mix and mozzarella are thoroughly incorporated, 30-60 seconds.
- Set **dough** aside to rest for 10 minutes.



## 2 PREP

While dough rests, halve, peel, and thinly slice **onion**. Quarter **lime**. Roughly chop **cilantro**. Dice **tomato** into ¼-inch pieces; season with **salt** and **pepper**.



## 3 PICKLE ONION & MAKE CREMA

- In a small microwave-safe bowl, combine **onion**, **juice from half the lime**, **1 tsp water**, **½ tsp sugar (2 tsp water and 1 tsp sugar for 4 servings)**, and a **pinch of salt and pepper**. Cover tightly with plastic wrap. Microwave until onion is softened and bright pink, 30 seconds. Carefully remove plastic wrap and stir. Set aside to pickle, stirring occasionally.
- Place **sour cream** in a separate small bowl. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.



## 4 FORM AREPAS

- Divide **dough** into 8 equal portions (**16 portions for 4 servings**); shape each into a ball. On a clean work surface, flatten each ball into a ¼-inch-thick round using the palm of your hand. **TIP: If dough feels sticky, spray your work surface and hands with nonstick cooking spray.**
- Divide **remaining mozzarella** between tops of **half the dough rounds**. Top with **remaining dough rounds** and press edges of dough rounds together to seal to form **arepas**. **TIP: Pinch and press edges while gently pressing down on tops of sealed arepas using the palm of your hand to ensure no cheese escapes while they cook!**



## 5 COOK AREPAS

- Heat a **½-inch layer of oil** in a large, preferably nonstick, pan over medium-high heat. Once oil is hot, carefully add two **arepas** to pan. Cook until bottoms begin to brown, 2-3 minutes.
- Carefully flip arepas. Cook until opposite sides begins to brown, 2-3 minutes. Carefully transfer to a baking sheet. Repeat with remaining arepas. **TIP: The oil will get hotter with each batch. If arepas begin to brown too quickly, reduce heat to medium.**
- Once all arepas are browned, bake on middle rack until dough is cooked through and cheese has melted, 10-12 minutes. Let pan cool slightly, then carefully wipe out.



## 6 COOK CHICKEN

- While arepas bake, pat **chicken\*** dry with paper towels and season all over with **Mexican Spice Blend**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in pan used for arepas over medium-high heat. Add **chicken**; cook until browned and cooked through, 3-5 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**



## 7 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **cheesy arepas** between plates. Fan chicken next to arepas. Drizzle everything with **crema**. Top with **tomato**, **cilantro**, and as much **pickled onion** as you like (**draining first**). Squeeze **remaining lime wedges** over the top. Serve.

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