

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

2 PERSON | 4 PERSON

- Paper towels
- Large bowl
- · Large pan
- Whisk
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)

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.



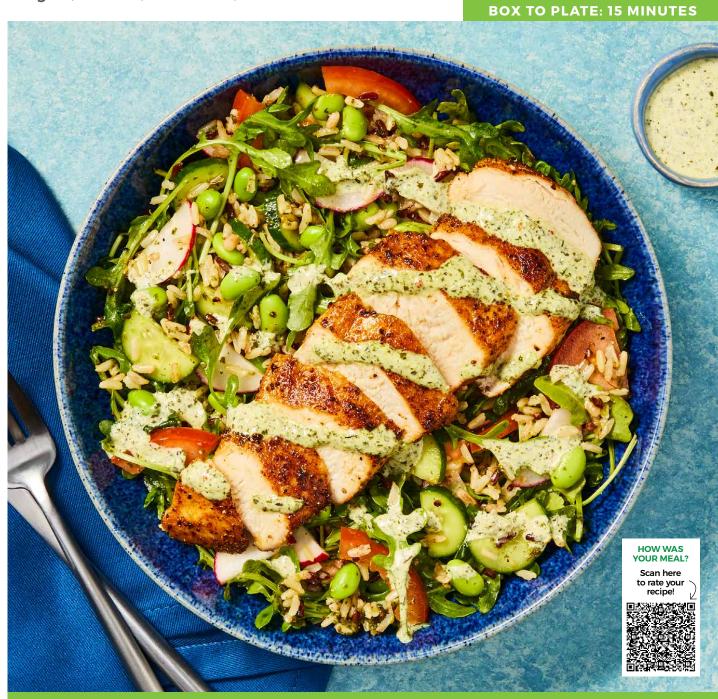
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CHIMICHURRI CHICKEN GRAIN BOWLS

Arugula, Tomato, Cucumber, Edamame









1 SIZZLE



10 oz | 20 oz Chicken Cutlets



1 tsp | 1 tsp Garlic Powder



1 tsp | 1 tsp Smoked Paprika

- Pat chicken* dry and season with half the garlic powder, half the paprika, salt, and pepper (all the garlic powder and all the paprika for 4).
- Drizzle oil in a hot large pan. Cook chicken until cooked through,
 3-5 minutes per side.



2 ZAP











1 | 2 Microwavable Grain Blend Contains: Wheat

1 | 2 Tomato

1 | 2 Mini Cucumber

3 | 6 Radishes

- While chicken cooks, wash and dry produce.
- Massage grain blend in package to separate grains. Partially open package; microwave until warmed through, 1½-2 minutes.
- Quarter tomato lengthwise, then cut crosswise into quarter-moons. Thinly slice cucumber and radishes.



3 MIX



2 TBSP | 4 TBSP Mayonnaise Contains: Eggs



2 oz | 4 oz Chimichurri



5 tsp | 10 tsp Red Wine Vinegar

- In a small bowl, mix **mayonnaise** with **half the chimichurri**.
- In a large bowl, whisk vinegar with remaining chimichurri and a large drizzle of olive oil.



4 SERVE



4 oz | 8 oz Edamame Contains: Soy



2 oz | 4 oz Arugula

- Add tomato, cucumber, radishes, edamame, arugula, and grain blend to bowl with vinaigrette.
 Toss to combine; season with salt and pepper.
- Top **salad** with **chicken** and drizzle with **chimichurri mayo**. Serve.

