

INGREDIENTS

2 PERSON | 4 PERSON

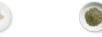


Carrots





1 tsp 2 tsp Garlic Powder



1 TBSP | 1 TBSP Italian Seasoning



1½ TBSP 3 TBSP Sour Cream



1 | 2 Precooked Polenta





Zucchini



1 2 **Crushed Tomatoes**



Ciabatta Contains: Soy, Wheat



2 TBSP | 4 TBSP

Cream Cheese

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

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



10 oz | 20 oz Chicken Cutlets



10 oz | 20 oz Salmon Contains: Fish

G Calories: 760

Calories: 910

POLENTA WITH ZUCCHINI & CARROT RAGÙ

plus Toasted Ciabatta Points & Parmesan



PREP: 5 MIN COOK: 20 MIN CALORIES: 570



HELLO

PRECOOKED POLENTA

Savory, creamy, and delicious—without the wait! Simply heat, mix, and serve.

CLOVE LOVE

Upgrade your toasted ciabatta points to garlic bread! Firmly rub a peeled garlic clove over the toasted bread's rough surface before cutting into quarters to impart that famously savory zip.

BUST OUT

- Peeler
- Potato masher
- Large pan
- Small pot
- Kosher Salt
- Black Pepper
- Cooking Oil
- Sugar

Whisk

- · Olive Oil
- Butter 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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- \$\frac{1}{2}\$ *Poultry is fully cooked when internal temperature reaches 165°.
- (a) *Fish is fully cooked when internal temperature reaches 145°.



1 PREP

- · Wash and dry produce.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut onion into ½-inch-thick wedges. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.
- Pat chicken* or salmon* dry with paper towels, season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or salmon (skin sides down): cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Turn off heat; transfer to a plate. Wipe out pan.



3 MAKE POLENTA & TOAST

- Meanwhile, heat a small pot over medium heat. Add polenta and 1/3 cup water (2/3 cup for 4 servings). Mash with a potato masher until mostly smooth, 30-60 seconds.
- Whisk in sour cream cream cheese. Parmesan, and 1 TBSP butter (2 TBSP for 4): cook, whisking occasionally, until thickened, 3-4 minutes. Taste and season with salt and pepper if desired. (If polenta seems too thick, add water 1 TBSP at a time until it reaches desired consistency.)
- Meanwhile, halve and toast ciabatta.



2 MAKE RAGÙ

- Heat a large drizzle of oil in a large pan over medium-high heat. Add carrots, onion, and zucchini; season with garlic powder, half the Italian Seasoning (all for 4 servings), salt, and pepper. Cook, stirring occasionally, until veggies are softened and lightly browned. 7-10 minutes.
- Add crushed tomatoes, ¼ cup water, and ½ tsp sugar (½ cup water and 1 tsp sugar for 4). Cook, stirring occasionally, until sauce has slightly thickened, 2-4 minutes.
- (5) Use pan used for chicken or salmon here.



4 FINISH & SERVE

- Cut ciabatta on a diagonal into triangles and drizzle with olive oil.
- Divide **polenta** and **raqù** between shallow bowls in separate sections. Serve ciabatta on the side.
- Slice chicken crosswise (no need to slice salmon!). Serve
- chicken or salmon atop polenta.