



POLENTA WITH ZUCCHINI & CARROT RAGÙ

plus Toasted Ciabatta Points & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Onion



1 | 2
Zucchini



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Crushed Tomatoes



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Ciabatta
Contains: Soy, Wheat



1 | 2
Precooked Polenta



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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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

Calories: 760



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 910



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
- Large pan
- Small pot
- Potato masher
- Whisk
- Kosher Salt
- Black Pepper
- Cooking Oil
- Sugar
- 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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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 **½ cup water** (**¾ 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.

🍳 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 **ragù** 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**.

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

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