



CRISPY CHICKEN & PARSNIP POTATO PUREE

with Lemony Apple & Spinach Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 TBSP | 2 TBSP
Fry Seasoning



12 oz | 24 oz
Potatoes*



2½ oz | 5 oz
Spinach



6 oz | 12 oz
Parsnips



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



1 | 1
Lemon



¼ Cup(s) | ½ Cup(s)
Panko
Breadcrumbs
Contains: Wheat



1 | 2
Apple



2 tsp | 4 tsp
Dijon Mustard



3 Clove(s) | 6 Clove(s)
Garlic



1 | 2
Chicken Stock
Concentrate



½ oz | 1 oz
Pecans
Contains: Treenuts



¼ oz | ½ oz
Parsley



10 oz | 20 oz
Chicken Cutlets



ANY ISSUES WITH YOUR ORDER?
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*The ingredient you received may be a different color.

HELLO

CRÈME FRAÎCHE

This creamy cultured dairy product adds richness and a hint of tangy flavor.



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 990



HELLO FRESH

BUST OUT

- 2 Small bowls
- Baking sheet
- Paper towels
- Medium pot
- Strainer
- Kosher Salt
- Black Pepper
- Olive Oil
- Cooking Oil
- Food processor
- Large bowl
- Whisk
- Peeler
- Butter
Contains: Milk
- Sugar

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 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and dice **potatoes** into 1-inch pieces. Trim, peel, and cut **parsnips** into 1-inch pieces. (TIP: Larger parsnips may have a woody core. For a smoother puree, we recommend trimming and discarding the core.) Peel **garlic**. Quarter **lemon**. Roughly chop **parsley**. Halve, core, and thinly slice **apple**.



2 COOK VEGGIES

- Place **potatoes, parsnips,** and **garlic cloves** in a medium pot (large pot for 4 servings) with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **¼ cup veggie cooking liquid** (½ cup for 4), then drain. Return potatoes, parsnips, and garlic to pot. Cover to keep warm.



3 COAT & BAKE CHICKEN

- While veggies cook, in a small bowl, combine **panko, Fry Seasoning,** a **drizzle of oil,** and a **pinch of salt**.
- Pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**.
- Place chicken on a baking sheet. Evenly spread tops of chicken with **half the crème fraîche** (you'll use the rest later). Mound tops with **panko mixture,** pressing to adhere (no need to coat the undersides).
- Bake on middle rack until crust is golden brown and chicken is cooked through, 12-15 minutes.



4 MIX DRESSING

- Meanwhile, in a second small bowl, whisk together **juice from half the lemon, mustard, 2 TBSP olive oil, ¼ tsp sugar, salt,** and **pepper** (juice from whole lemon, 4 TBSP olive oil and ½ tsp sugar for 4 servings).



5 MAKE PUREE

- To pot with **veggies,** add **4 TBSP butter, 2 TBSP reserved veggie cooking liquid,** and **¼ tsp salt** (8 TBSP butter, 4 TBSP reserved veggie cooking liquid, and ½ tsp salt for 4 servings). Stir until butter melts.
- Transfer **veggie mixture** to a food processor (or blender); add **stock concentrate** and **remaining crème fraîche.** Pulse, scraping down sides as needed, until mixture is smooth and no large pieces remain, about 30 seconds. Carefully remove blade. Add **half the parsley** and stir to combine. Taste and season with **salt** and **pepper.**



6 ASSEMBLE SALAD

- In a large bowl, toss **spinach** and **apple** with as much **lemon-Dijon dressing** as you like.



7 FINISH & SERVE

- Crush **pecans** in their bag. Slice **chicken** crosswise.
- Divide **potato and parsnip puree** between plates. Top puree with chicken. Garnish with **remaining parsley.** Divide **spinach and apple salad** between bowls and top with pecans. Serve with any **remaining lemon wedges** on the side.

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