



Chicken, Cabbage and Apple Fricassee with Mashed Potatoes

FAMILY 35 Minutes



Chicken Tenders



Onion-Celery Blend



Gala Apple



Whole Grain Mustard



Russet Potato



Green Cabbage,
shredded



Chicken Demi-Glace



Cornstarch

HELLO GALA APPLES

Add sweetness and crunch to this fricassee!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Large Pot, Paper Towels, Potato Masher, Strainer, Whisk, Medium Bowl, Vegetable Peeler, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Chicken Tenders	680 g
Onion-Celery Blend	56 g
Gala Apple	1
Whole Grain Mustard	1 tbsp
Russet Potato	680 g
Green Cabbage, shredded	454 g
Chicken Demi-Glace	1
Cornstarch	1 tbsp
Unsalted Butter*	3 tbsp
Milk*	¼ cup
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. COOK POTATOES

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 10-12 min.



4. MAKE SAUCE

Whisk together the **demi-glace**, **mustard**, **cornstarch** and **½ cup water** in a medium bowl, then add to the same pan. Remove from heat, then stir in the **veggies** and **chicken**. Cook, uncovered, stirring often, until **sauce** thickens slightly, 2-3 min. Set aside.



2. COOK VEGGIES

Core, then cut the **apple** into ½-inch slices. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** and swirl in pan until melted, 1 min. Add **cabbage**, **onion-celery mixture** and **¼ cup water**. Stir together. Cook, covered, stirring occasionally, until tender, 4-5 min. Add **apple** and cook until tender-crisp, 1 min. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



5. MASH POTATOES

When the **potatoes** are tender, drain and return the **potatoes** to the same pot. Add **2 tbsp butter** and **¼ cup milk**. Using a fork or potato masher, mash together until creamy. Season with **salt** and **pepper**.



3. COOK CHICKEN

While the **cabbage** cooks, pat the **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat the same pan over medium heat. Add **1 tbsp oil**, then **half the chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min.** Transfer to the same plate as the **veggies**. Repeat with **1 tbsp oil** and **remaining chicken**.



6. FINISH AND SERVE

Divide the **creamy mash** between plates. Top the mash with the **chicken**, **cabbage** and **apple fricassee**. Drizzle over any **remaining liquid** from the pan.

Dinner Solved!

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