TUNISIAN-SPICED CHICKEN

with Golden Rice Pilaf, Green Beans & Creamy Paprika Sauce

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 770

HELLO FRESH

INGREDIENTS

2 PERSON | 4 PERSON

- **½ Cup | 1 Cup** Jasmine Rice
- **1 TBSP | 2 TBSP** Tunisian Spice Blend
- **1 | 2** Chicken Stock Concentrate
- **1 oz | 2 oz** Golden Raisins
- **6 oz | 12 oz** Green Beans
- **10 oz | 20 oz** Chicken Cutlets**
- **2 TBSP | 4 TBSP** Sour Cream — Contains: Milk
- **2 TBSP | 4 TBSP** Mayonnaise — Contains: Eggs
- **1 tsp | 1 tsp** Smoked Paprika
- **1 tsp | 1 tsp** Garlic Powder
- **½ oz | 1 oz** Sliced Almonds — Contains: Tree Nuts

** In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

GOLDEN RICE PILAF

Simmered with Tunisian Spice (featuring caraway, smoked paprika, turmeric, cayenne, and cinnamon) and chicken stock for a deep yellow hue and rich flavor

HFRC_44.7_R15566A_TUNISIAN-SPICED CHICKEN.indd 1 10/14/21 1:45 PM

HELLO FRESH

FAST BASTE

In step 4, you'll be basting your chicken (aka spooning sizzling butter over the cutlets) for double duty: to finish the cooking process and to add a layer of richness to the spiced crust.

BUST OUT

- Small pot
- Medium bowl
- Plastic wrap
- Small bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp** | **2 tsp**)
- Butter (**2 TBSP** | **4 TBSP**)
  Contains: Milk

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663

HelloFresh.com

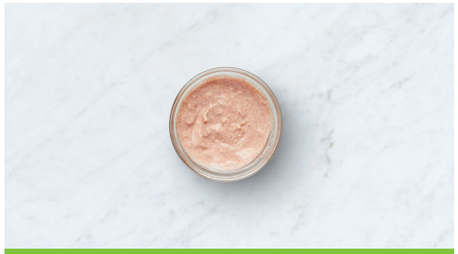
* Chicken is fully cooked when internal temperature reaches 165°.

1 COOK RICE

- In a small pot, combine **rice**, **stock concentrate**, **¾ cup water** (1½ cups for 4 servings), **¼ tsp Tunisian Spice** (½ tsp for 4), and a **big pinch of salt and pepper**. (You'll use the remaining Tunisian Spice later.) Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

2 START GREEN BEANS

- While rice cooks, **wash and dry produce**.
- Trim **green beans** if necessary; place in a medium microwave-safe bowl (use a large microwave-safe bowl for 4 servings) with a **splash of water**. Cover with plastic wrap. Microwave until tender, 1-2 minutes, then drain.



3 MAKE SAUCE

- In a small bowl, combine **sour cream**, **mayonnaise**, as much **garlic powder** as you like, and a **pinch of paprika** to taste (add more if you like a smokier flavor). Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.

4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **remaining Tunisian Spice**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. TIP: If chicken is taking longer to cook through, cover pan for the last few minutes of cooking.
- In the last minute of cooking, reduce heat to medium and add **1 TBSP butter** (2 TBSP for 4 servings) to pan. Once melted, spoon over chicken to coat.
- Turn off heat; transfer to a cutting board to rest.

5 FINISH GREEN BEANS

- While chicken rests, remove **green beans** from bowl; pat dry with paper towels.
- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add green beans; cook, scraping up any browned bits from bottom of pan, until green beans are browned, 2-3 minutes. Season with **salt** and **pepper**.

6 FINISH & SERVE

- Slice **chicken** crosswise.
- Fluff **rice** with a fork; stir in **almonds**, **raisins**, and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper** to taste.
- Divide rice, **green beans**, and **chicken** between plates. Drizzle chicken with as much **creamy paprika sauce** as you like. Serve with any remaining sauce on the side.

WK 44-7