



SOUR CREAM 'N' ONION CHICKEN

with Broccoli Rice & Roasted Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 | 2
Zucchini



½ Cup | 1 Cup
Jasmine Rice



2 | 4
Chicken Stock Concentrates



6 oz | 12 oz
Broccoli Rice



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Chicken Cutlets**



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk

** 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

BROCCOLI RICE

These transformed florets are mixed into fluffy jasmine rice here for a fun, flavorful boost.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 610



ALLIUM-AZING

We like to cook diced onion slowly (like in step 2) so it develops a rich brown color and deep flavor. If yours begins to brown too quickly or sticks to the bottom of your pan, stir in an extra splash of water and keep stirring away.

BUST OUT

- Small pot
- Large pan
- Small bowl
- Baking sheet
- Medium bowl
- Plastic wrap
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (¼ tsp | ½ tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP & COOK RICE

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce (except broccoli rice).**
- Halve, peel, and finely dice **onion**. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons.
- In a small pot, combine **rice, half the stock concentrates, ¾ cup water (1½ cups water for 4 servings),** and a **pinch of salt**. 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 use in step 6.



4 COOK CHICKEN

- While zucchini roasts, pat **chicken*** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in pan used for onion over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Transfer chicken to a cutting board to rest.



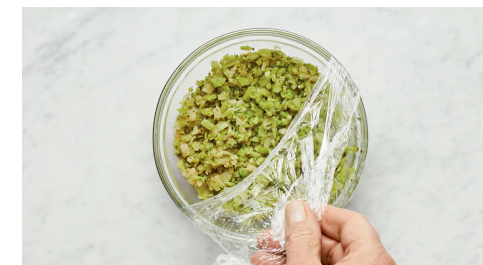
2 CARAMELIZE ONION

- Meanwhile, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add **onion**; cook, stirring occasionally, until browned and softened, 8-10 minutes. **TIP: Add a splash of water if onion begins to brown too quickly.**
- Add **¼ tsp sugar (½ tsp for 4 servings)** and a **splash of water**; cook until caramelized, 2-3 minutes more. Season with **salt** and **pepper**.
- Transfer to a small bowl. Wipe out pan.



5 MAKE SAUCE

- Return same pan to medium-high heat. Stir in **¼ cup water (½ cup for 4 servings), remaining stock concentrates,** and **remaining garlic powder**. Cook, stirring, until thickened, 2-3 minutes.
- Reduce heat to low. Stir in **caramelized onion, sour cream,** and **1 TBSP butter (2 TBSP for 4)**. Season with **salt** and **pepper**. **TIP: Like a sweeter sauce? Add another pinch of sugar.**



3 COOK VEGGIES

- Meanwhile, toss **zucchini** on a baking sheet with a **drizzle of oil, salt,** and **pepper**. Roast on top rack until tender and browned, 14-16 minutes.
- In a medium microwave-safe bowl, combine **broccoli rice, half the garlic powder,** and **1 tsp salt (use a large bowl and 2 tsp salt for 4 servings)**. Tightly cover with plastic wrap and poke a few holes in wrap. Microwave until broccoli rice is soft, 5 minutes. Remove from microwave (**the bowl will be hot!**) and set aside.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **broccoli rice**. Season with **salt** and **pepper**. **TIP: Stir in 1 TBSP butter for an extra luxurious eating experience!**
- Slice **chicken** crosswise.
- Divide rice, chicken, and **zucchini** between plates. Spoon **sauce** over chicken. Serve with any remaining sauce on the side.

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