

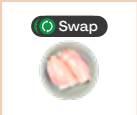


# Smart Creamy Lemon-Garlic Chicken

with Wholesome Veggie Jumble

Smart Meal

35 Minutes



Chicken Thighs \*  
280 g | 560 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts \*  
2 | 4



Yellow Potato  
250 g | 500 g



Brussels Sprouts  
170 g | 340 g



Carrot  
1 | 2



Lemon  
1 | 2



Garlic, cloves  
2 | 4



Parsley  
7 g | 14 g



Cream  
56 ml | 113 ml



Cream Sauce  
Spice Blend  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

**Pantry items** | Oil, butter, salt, pepper, sugar

**Cooking utensils** | 2 baking sheets, measuring cups, measuring spoons, medium non-stick pan, paper towels, parchment paper, small bowl, vegetable peeler, zester

1



### Prep veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes**, then cut into ¼-inch rounds.
- Halve **Brussels sprouts** (if larger, quarter them).
- Peel **carrot**. Cut into ¼-inch rounds.
- To a parchment-lined baking sheet, add **potatoes, Brussels sprouts, carrots** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**. Toss to coat.
- Roast in the **bottom** of the oven for 22-26 min, stirring halfway through, until golden.

2



### Sear and roast chicken

 **Swap** | **Chicken Thighs**

- Pat **chicken** dry with paper towels. Season with **half the Cream Sauce Spice Blend, salt** and **pepper**.
- In a medium non-stick pan (large pan for 4 servings), heat **½ tbsp** (1 tbsp) **oil** over medium-high.
- When hot, add **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook 1-2 min per side, until golden.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven for 8-12 min, until cooked through.\*\*

3



### Finish prep

- While **veggies** and **chicken** roast, zest, then juice **half the lemon**. Cut remaining into wedges.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- To a small bowl, add **cream, lemon zest, half the parsley, ½ tbsp** (1 tbsp) **lemon juice, ¼ cup** (½ cup) **water** and **¼ tsp** (½ tsp) **sugar**. Season with **salt** and **pepper**. Stir to mix.
- When **chicken** is cooked, transfer to a plate to rest for 2-3 min.

4



### Make creamy lemon-garlic sauce

- Meanwhile, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter** and **garlic**. Cook for 30 sec, stirring often, until **butter** melts and **garlic** is fragrant.
- Sprinkle **remaining Cream Sauce Spice Blend** over top. Stir to mix.
- Add **lemon-cream sauce mixture** and **any chicken resting juices**. Season with **salt** and **pepper**. Cook for 1-2 min, stirring often, until **sauce** has thickened slightly. (**TIP:** If sauce reduces too quickly, add water 1 tbsp at a time.)

5




### Finish and serve

- Stir **remaining parsley** into **veggies**.
- Thinly slice **chicken**.
- Divide **veggies** and **chicken** between plates.
- Spoon **creamy lemon-garlic sauce** over **chicken**.
- Squeeze a **wedge of lemon** over top, if desired.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. 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.

## 2 | Sear and roast chicken

 **Swap** | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook in the same way the recipe instructs you to prep and cook **chicken breasts**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum temperature of 165°F.