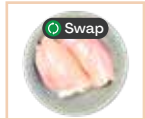




Golden Shallot-Topped Chicken with Mashed Potatoes, Roasted Veggies and Gravy

Valentine's Day 30 Minutes



Chicken Thighs
280 g | 560 g

Customized Protein

+ Add

Swap

or

×2 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



Gravy Spice Blend
20 g | 40 g



Yellow Potato
350 g | 700 g



Chicken Broth Concentrate
1 | 2



Crispy Shallots
28 g | 56 g



Garlic Powder
2 g | 4 g



Zucchini
1 | 2



Carrot
1 | 2

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, pepper, unsalted butter, salt, milk

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, vegetable peeler, whisk

1



Prep veggies

- Before starting, preheat the oven to 425°F. Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **carrot** into ¼-inch rounds.

2



Cook potatoes

- Peel, then cut **potatoes** into 1-inch pieces.
- To a large pot, add **potatoes**, **2 tsp salt** and **enough water to cover by approx. 1 inch** (use same for 4 servings). Cover and bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer uncovered for 10-12 min, until fork-tender.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy.
- Season with **salt** and **pepper**.

3



Roast veggies

- Meanwhile, to an unlined baking sheet, add **carrots**, **zucchini** and **1 tbsp** (2 tbsp) **oil**. Season with **half the garlic powder**, **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven for 18-20 min, stirring halfway through, until tender-crisp.

4



Sear chicken

[Swap](#) | [Chicken Thighs](#)

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining garlic powder**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear, 2-3 min per side, until golden.
- Remove from heat. Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 5.)

5



Make gravy and finish chicken

- Add **1 tbsp** (2 tbsp) **butter** to the same pan, then swirl until melted.
- Heat the pan over medium. Sprinkle in **Gravy Spice Blend**, then whisk to combine, 30 sec.
- Gradually whisk in **broth concentrate** and **¾ cup** (1 ½ cups) **water** until smooth. Bring to a simmer, whisking occasionally.
- Once simmering, add **chicken** and **any juices** from the plate. Cover and cook for 6-8 min, flipping once, until **chicken** is cooked through.**
- Season with **salt** and **pepper**.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **mashed potatoes** and **veggies** between plates.
- Spoon **gravy** over top.
- Sprinkle **crispy shallots** over **chicken**.

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

For 6 servings

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.

4 | Sear 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 internal temperature of 165°F, as size may vary.