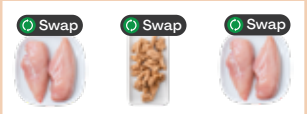




Smart Applewood Smoke-Spiced Chicken

with Warm Potato Salad and Green Onion Sour Cream

Smart Meal 30 Minutes



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
Plant-Based Protein Shreds 200 g | 400 g
Organic Chicken Breasts ⁺ 2 | 4



- Chicken Breast Tenders ⁺
310 g | 620 g
- Applewood Smoke Spice
7 g | 14 g
- Red Potato
300 g | 600 g
- Green Beans
170 g | 340 g
- Dill Pickle, sliced
90 ml | 90 ml
- Mayonnaise
2 tbsp | 4 tbsp
- Whole Grain Mustard
1 tbsp | 2 tbsp
- Garlic Salt
4 g | 8 g
- Green Onion
1 | 2
- Sour Cream
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 | Pepper, oil, salt

Cooking utensils | Colander, large non-stick pan, large pot, measuring spoons, paper towels, small bowl, strainer

1



Cook potatoes

- Before starting, wash and dry all produce.
- Remove brown spots from **potatoes**, then cut 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 heat.
- Once boiling, reduce heat to medium. Simmer uncovered for 8-9 min, until almost fork-tender. (**NOTE:** Potatoes will finish cooking in step 4.)

2



Prep and make green onion sour cream

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Drain pickles, reserving **pickle juice**, then finely chop.
- Thinly slice **green onions**.
- To a small bowl, add **1 tbsp** (2 tbsp) **green onions** and **sour cream**. Season with a **pinch of garlic salt** and **pepper**, to taste, then stir to combine.

3



Cook chicken

- [Swap](#) | [Chicken Breasts](#)
- [Swap](#) | [Plant-Based Protein Shreds](#)
- [Swap](#) | [Organic Chicken Breasts](#)
- Heat a large non-stick pan over medium.
- While the pan heats, pat **chicken** dry with paper towels. Season with **pepper**, **Applewood Smoke Spice** and **half the garlic salt**.
- When the pan is hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 servings, using ½ tbsp oil per batch.) Cook for 3-4 min per side, until golden and cooked through.**

4



Cook green beans

- After **potatoes** have cooked for 8-9 min, add **green beans** to the pot with **potatoes**. Cook until **potatoes** and **green beans** are fork-tender, 3-4 min.
- Drain and return **potatoes** and **green beans** to the same pot, off heat.

5



Make potato salad

- To the pot with **potatoes** and **green beans**, add **pickles**, **mustard**, **reserved pickle juice**, **mayo**, **remaining green onions** and **remaining garlic salt**. Season with **pepper**, to taste, then stir to combine. (**TIP:** Add ½ tsp [1 tsp] sugar, if desired.)

6



Finish and serve

- Divide **chicken** and **potato salad** between plates.
- Dollop **green onion sour cream** 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.

3 | Cook chicken

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

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prep and cook in the same way the recipe instructs you to prep and cook the **chicken tenders**.

3 | Cook plant-based protein shreds

[Swap](#) | [Plant-Based Protein Shreds](#)

If you've opted to get **protein shreds**, when the pan is hot, add **½ tbsp oil**, then **protein shreds**. Cook for 6-8 min, flipping once or twice, until cooked through.** Season with **pepper**, **Applewood Smoke Spice** and **half the garlic salt**. Toss to coat.

3 | Cook chicken

[Swap](#) | [Organic Chicken Breasts](#)

If you've opted to get **organic chicken breasts**, cut into 1-inch-wide strips, then prep and cook in the same way the recipe instructs you to prep and cook the **chicken tenders**.

* 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.