



Braised Chicken and Mushrooms on Buttery Smashed Potatoes

30 Minutes



Chicken Thighs



Yellow Potato



Mushrooms



Yellow Onion



Baby Spinach



Thyme



All-Purpose Flour



Chicken Broth Concentrate



Garlic Salt

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs *	4	8
Yellow Potato	360 g	720 g
Mushrooms	113 g	227 g
Yellow Onion	56 g	113 g
Baby Spinach	56 g	113 g
Thyme	7 g	7 g
All-Purpose Flour	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

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1



Prep and cook potatoes

Cut **potatoes** into 1-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat.

2



Prep

While **potatoes** cook, thinly slice **mushrooms**. Strip **1 tbsp thyme leaves** from stems (dbl for 4 ppl). Roughly chop **spinach**. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).

3



Prep and pan-fry chicken

Pat **chicken** dry with paper towels, then cut **each thigh** in half. Season **chicken** with **half the garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 1 min. Add **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

4



Cook veggies

Add **mushrooms** and **onions** to the pan with **chicken**. Cook, stirring occasionally, until **veggies** are tender-crisp and **chicken** is cooked through, 4-5 min. **

5



Braise chicken and veggies

Sprinkle **flour** and **thyme** over **chicken and veggies**. Cook, stirring often, until coated, 1 min. Add **1 cup water** (dbl for 4 ppl), **broth concentrate** and **remaining garlic salt**. Bring to a boil over high. Once boiling, reduce to medium. Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min. Add **spinach**. Stir until wilted, 1-2 min. Season with **pepper**, to taste.

6



Finish and serve

Roughly mash **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**. Divide **smashed potatoes** between plates. Top with **chicken, veggies and sauce** from the pan.

Dinner Solved!