



Braised Chicken and Mushrooms

with Buttery Smashed Potatoes

30 Minutes



Chicken Thighs



Yellow Potato



Mushrooms



Yellow Onion



Baby Spinach



Thyme



Gravy Spice Blend



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, potato masher, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Yellow Potato	360 g	720 g
Mushrooms	227 g	454 g
Yellow Onion	56 g	113 g
Baby Spinach	56 g	113 g
Thyme	7 g	7 g
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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.



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.**



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).



5 Braise chicken and veggies

Sprinkle **Gravy Spice Blend** and **thyme** over **chicken and veggies**. Cook, stirring often, until coated, 1 min. Add **¾ 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.



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.)



6 Finish and serve

Roughly mash **2 tbsp butter** and **2 tbsp 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**, to taste. Divide **smashed potatoes and sauce** between plates. Top with **chicken, veggies and sauce**.

Dinner Solved!