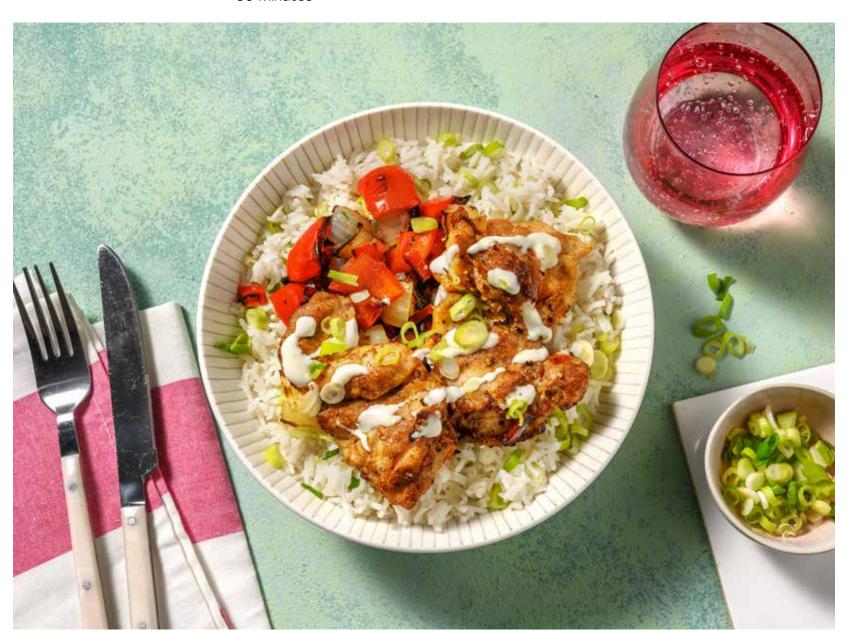


Cajun-Style Chicken and Peppers

with Savoury Rice and Garlicky Mayo

30 Minutes





Chicken Thighs





Yellow Onion











Sweet Bell Pepper

Green Onions



Seasoned Salt



Chicken Broth Concentrate



Mayonnaise

HELLO SWEET PEPPERS

Start here

- Before starting, preheat the oven to
- Wash and dry all produce.

Garlic Guide for Step 4 (dbl fpr 4 ppl):

- Mild: 1/4 tsp
- Medium: 1/2 tsp
- Spicy: 1 tsp

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, paper towels

Inaredients

3. 3		
	2 Person	4 Person
Chicken Thighs •	4	8
Parboiled Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Green Onions	1	2
Garlic, cloves	1	2
Seasoned Salt	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Mayonnaise	4 tbsp	8 tbsp
Oil*		

Pepper*

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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Prep and make broth

Add broth concentrate, 1 1/4 cups water and 1 tsp seasoned salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While water comes to a boil, core, then cut **pepper** into 1-inch pieces. Peel, then cut **onion** into 1-inch pieces. Separate **onion** layers. Thinly slice green onions. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels.



Make garlicky mayo

While rice cooks, add mayo, ½ tbsp water (dbl for 4 ppl) and 1/4 tsp garlic to a small bowl. (NOTE: Reference garlic guide.) Season with **pepper**, then stir to combine.



Roast chicken and peppers

Add chicken, peppers, onions, remaining seasoned salt and 1 tbsp oil to a parchmentlined baking sheet. Season with pepper, then toss to coat. Arrange in a single layer. (NOTE: For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil and half of the remaining seasoned salt per sheet.) Roast in the **middle** of the oven until **peppers** are tender and chicken is cooked through, 22-24 min.** (NOTE: For 4 ppl, bake in the top and middle of the oven, rotating sheets halfway through.)



Cook rice

3

While chicken and peppers roast, add rice to the **boiling broth**. Reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Finish and serve

Fluff rice with a fork, then stir in half the green onions. Divide rice between plates. Top rice with chicken and peppers. Drizzle with garlicky mayo and sprinkle remaining green onions over top.

Dinner Solved!

^{**} Cook to a minimum internal temperature of 74°C/165°F,

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