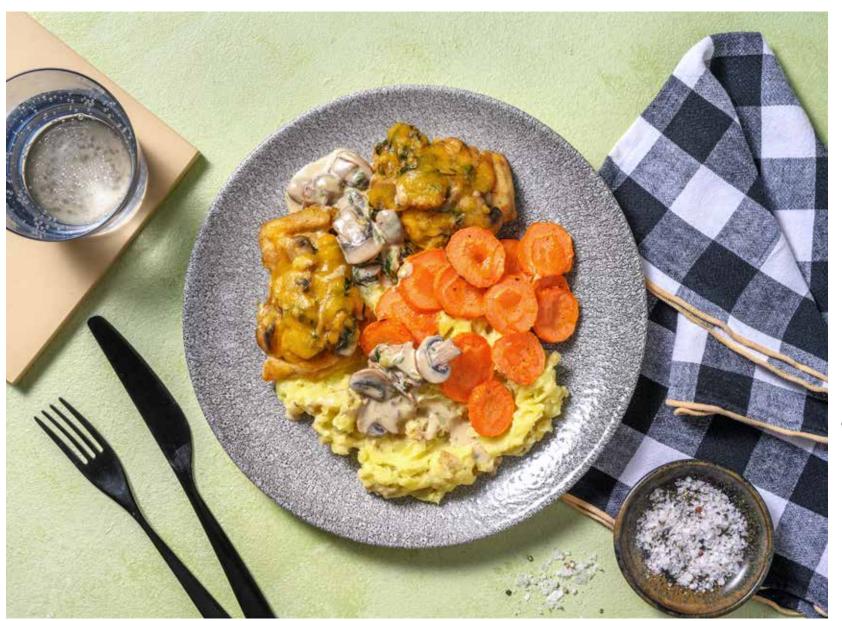


Carb Smart Cheesy Smothered Chicken

with Mushroom Sauce and Mashed Potatoes

Carb Smart

30 Minutes





Chicken Thighs





Mushrooms



Chicken Broth



Green Onion



Yellow Potato

Concentrate



Cheddar Cheese, shredded



Sour Cream



Cream Sauce Spice Blend

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, strainer, aluminum foil, parchment paper, large pot, large non-stick pan, paper towels, measuring cups

Ingredients

3. 3		
	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Carrot	170 g	340 g
Mushrooms	113 g	227 g
Chicken Broth Concentrate	1	2
Green Onion	2	4
Yellow Potato	300 g	600 g
Cheddar Cheese, shredded	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 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.

Contact

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Prep

Peel, then cut **carrot** into ¼-inch coins. Thinly slice **mushrooms**. Quarter **potatoes**. Thinly slice **green onions**.



Roast carrots

Add **carrots** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender-crisp, 16-20 min.



Cook potatoes

While carrots roast, 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. Roughly mash sour cream and 1 tbsp butter (dbl for 4 ppl) into potatoes until slightly mashed. Season with salt and pepper.



Pan-fry chicken

Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until **chicken** is cooked through, 4-5 min per side.** Transfer **chicken** to a plate, then cover with foil to keep warm.



Cook mushroom sauce

Reheat the same pan over medium. Add ½ tbsp oil (dbl for 4 ppl), then mushrooms and green onions. Cook, stirring often, until veggies soften, 2-4 min. Sprinkle Cream Sauce Spice Blend over veggies. Cook, stirring often, coated, 1 min. Stir in broth concentrate and ¾ cup water (dbl for 4 ppl). Bring to a boil over high. Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until sauce thickens slightly, 1-2 min. Remove the pan from heat. Stir in 1 tbsp butter (dbl for 4 ppl).



Finish and serve

Add chicken back to the pan. Spoon mushroom sauce over chicken, then sprinkle cheese over top. Cover the pan and cook until cheese melts, 1-2 min. Divide chicken, carrots and mashed potatoes between plates. Spoon remaining mushroom sauce in the pan over chicken and mashed potatoes.

Dinner Solved!