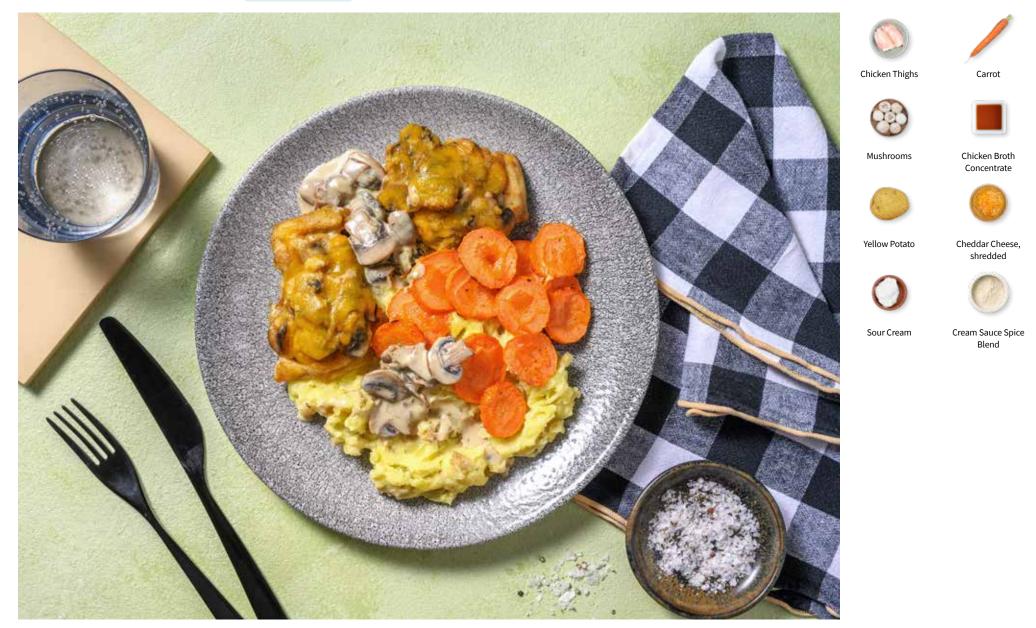


Carb Smart Cheesy Smothered Chicken

with Mushroom Sauce and Mashed Potatoes

Carb Smart 30 Minutes



HELLO BUTTON MUSHROOMS These fabulous fungi have a mild, earthy flavour!

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

Ingredients

	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
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

4

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



Roast carrots

• Add carrots and 1/2 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.



Pan-fry chicken

- Pat chicken dry with paper towels, then season with salt and pepper.
- Heat a large non-stick pan over mediumhigh 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

- Heat the same pan over medium.
- When hot, add ½ tbsp oil (dbl for 4 ppl), then mushrooms. Cook, stirring often, until mushrooms soften, 2-4 min.
- Sprinkle Cream Sauce Spice Blend over mushrooms. Cook, stirring often, until coated, 1 min.
- Stir in broth concentrate and ³/₄ 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. Stir in 1 tbsp **butter** (dbl for 4 ppl).



Cook potatoes

- Meanwhile, 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 creamy. Season with salt and pepper, to taste.



Finish and serve

• Add chicken back to the pan. Spoon mushroom sauce over chicken, then sprinkle cheese over top. Cover 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!