



Carb Smart Smoky Paprika Chicken with a Veggie Medley

Carb Smart

30 Minutes



Chicken Breasts



Smoked Paprika-Garlic Blend



Sweet Bell Pepper



Yellow Onion



Parsley



Mushrooms



Garlic



Kale, chopped



Mayonnaise

HELLO SMOKED PAPRIKA-GARLIC

This duo of aromatic spices is in many cuisines around the world!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Yellow Onion	113 g	226 g
Parsley	7 g	14 g
Mushrooms	227 g	454 g
Garlic	6 g	12 g
Kale, chopped	113 g	227 g
Mayonnaise	4 tbsp	8 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

1



Prep

Core, then cut **pepper** into ½-inch pieces. Quarter **mushrooms**. Peel, then cut **onion** into ½-inch pieces. Finely chop **parsley**. Peel, then mince or grate **garlic**.

2



Cook chicken

Pat **chicken** dry with paper towels. Season **chicken** all over with **salt** and **half the Smoked Paprika-Garlic Blend**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to a baking sheet. Bake in **middle** of oven, until **chicken** is cooked through, 10-12 min.**

3



Make garlic aioli

While **chicken** bakes, stir together **mayo**, **remaining Smoked Paprika-Garlic Blend**, **half the parsley** and **¼ tsp garlic** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.

4



Start veggies

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers, onions** and **mushrooms**. Cook, stirring occasionally, until softened, 3-4 min.

5



Finish veggies

Add **kale**, **2 tbsp water** (dbl for 4 ppl) and **remaining garlic**. Cook, stirring often, until **kale** has wilted, 2-3 min. Season with **salt**.

6



Finish and serve

Slice **chicken**. Divide **veggies** between plates. Top with **chicken**. Dollop **garlic aioli** over top and sprinkle with **remaining parsley**.

Dinner Solved!