



Chicken and Braised Cabbage

with Mash and Dill Cream

Discovery

35 Minutes



Chicken Breasts



Red Cabbage, shredded



Gala Apple



Red Onion



Red Wine Vinegar



Brown Sugar



Russet Potato



Dill



Garlic



Sour Cream



Dijon Mustard



Old Bay Seasoning

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

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

Dill Guide for Step 6 (dbl for 4 ppl):

- Mild: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, box grater, medium pot, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels, colander

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Cabbage, shredded	226 g	454 g
Gala Apple	1	2
Red Onion	113 g	226 g
Red Wine Vinegar	2 tbsp	4 tbsp
Brown Sugar	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Dill	7 g	7 g
Garlic	3 g	6 g
Sour Cream	3 tbsp	6 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Old Bay Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	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 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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Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium 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. When **potatoes** are fork-tender, reserve **¼ cup potato cooking water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.

(**TIP:** For a lighter consistency, add reserved potato cooking water, 1-2 tbsp at a time, if desired.)



Cook chicken

While **cabbage** braises, heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels. Season with **Old Bay Seasoning**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 12-14 min.**



Prep

While **potatoes** cook, peel, then thinly slice **onion**. Peel, then mince or grate **garlic**. Finely chop **dill**.



Finish braised cabbage

While **chicken** roasts, peel, then coarsely grate **apple**. Add **grated apple** to the pot with **cabbage**. Cook uncovered, stirring occasionally, until **apples** are tender, 3-5 min. Stir in **1 tbsp butter** (dbl for 4 ppl) until melted. Season with **salt** and **pepper**, to taste.



Start braised cabbage

Heat a large pot over medium heat. Add **1 tbsp butter** (dbl for 4 ppl), then **onions** and **garlic**. Cook, stirring often, until softened, 2-3 min. Add **cabbage**, **vinegar**, **brown sugar** and **½ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook covered, stirring occasionally, until **cabbage** is tender-crisp, 12-14 min.



Finish and serve

Stir together **1 tsp dill**, **Dijon**, **sour cream**, **salt** and **pepper** in a small bowl. (**NOTE:** Reference dill guide.) Thinly slice **chicken**. Divide **braised cabbage** and **mash** between plates. Place **chicken** over **cabbage**. Spoon **dill cream** over **chicken**. Sprinkle any **remaining dill** over top.

Dinner Solved!