



Chicken and Braised Cabbage

with Garlic 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 Spice Blend



Garlic, cloves



Sour Cream



Seasoned Salt

HELLO BRAISED CABBAGE

A classic Eastern European dish!

Start here

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

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

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Cabbage, shredded	226 g	452 g
Gala Apple	1	2
Red Onion	113 g	226 g
Red Wine Vinegar	1 tbsp	2 tbsp
Brown Sugar	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Garlic, cloves	1	2
Sour Cream	3 tbsp	6 tbsp
Seasoned Salt	½ tbsp	1 tbsp
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	3 tbsp	6 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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Cook potatoes

Peel, then mince or grate **garlic**. 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. Drain and return **potatoes** to the same pot, off heat. Mash **half the garlic, 2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt and pepper**, to taste.



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 **pepper** and **seasoned salt**. 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**.



Finish braised cabbage

While **chicken** roasts, peel, then coarsely grate **apple**. Add **grated apple** to the pot with **cabbage** in the last 4-5 min of braising. Cook uncovered, stirring occasionally, until **apples** are tender, 5-6 min. Add **1 tbsp butter** (dbl for 4 ppl). Stir 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**. Cook, stirring often, until softened, 2-3 min. Add **cabbage, vinegar, brown sugar** and **½ cup water** (dbl for 4 ppl). Bring to a simmer over medium-high. Season with **salt and pepper**. Once simmering, cover and cook, stirring occasionally, until **cabbage** is tender-crisp, 12-14 min.



Finish and serve

Add **sour cream, Dill-Garlic Spice Blend** and **remaining garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt and pepper**, to taste, then stir to combine. Thinly slice **chicken**. Divide **braised cabbage** and **mash** between plates. Arrange **chicken** over **cabbage**. Spoon **dill cream** over **chicken**.

Dinner Solved!