



# Chicken and Braised Cabbage

with Garlic Mash and Horseradish Aioli

Discovery

35 Minutes



Chicken Breasts



Red Cabbage, shredded



Gala Apple



Yellow Onion



Red Wine Vinegar



Brown Sugar



Russet Potato



Horseradish



Garlic, cloves



Mayonnaise



Seasoned Salt



Parsley

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 Steps 1 and 4 (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
Yellow Onion	113 g	226 g
Red Wine Vinegar	1 tbsp	2 tbsp
Brown Sugar	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Horseradish	1 tbsp	2 tbsp
Garlic, cloves	1	2
Mayonnaise	2 tbsp	4 tbsp
Seasoned Salt	¼ tsp	½ tsp
Parsley	7 g	7 g
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## 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.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp butter, 3 tbsp milk** (dbl both for 4 ppl) and **½ tsp garlic** into **potatoes** until creamy. (**NOTE:** Reference garlic guide) Season with **salt** and **pepper**, to taste.



## Make horseradish aioli and finish prep

- Meanwhile, peel, then mince or grate **garlic**.
- Drain and discard excess **liquid** from **horseradish**.
- Add **mayo, horseradish** and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide) Season with **salt** and **pepper**, to taste, then stir to combine. Set aside.
- Peel, then coarsely grate **apple**.
- Roughly chop **parsley**.



## Start braised cabbage

- Meanwhile, heat a large pot over medium heat.
- While the pot heats, peel, then cut **onion** into ¼-inch slices.
- When the pot is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **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 braised cabbage

- 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), then stir until melted. Season with **salt** and **pepper**, to taste.



## Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **pepper** and **half the seasoned salt** (use all for 4 ppl).
- 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.
- Arrange **chicken** on a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 12-14 min.\*\*



## Finish and serve

- Thinly slice **chicken**.
- Divide **braised cabbage** and **mash** between plates.
- Arrange **chicken** over top. Spoon **horseradish aioli** over **chicken**. Sprinkle **parsley** over top.

## Dinner Solved!