



Chicken and Braised Cabbage

with Horseradish Smashed Potatoes

Discovery

35 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Chicken Breasts



Double Chicken Breasts



Red Cabbage,
shredded



Gala Apple



Yellow Onion



Red Wine Vinegar



Brown Sugar



Creamy Horseradish
Sauce



Pastrami Spice Blend



Parsley



Yellow Potato

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BRAISED CABBAGE

A classic Eastern European dish!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Double Chicken Breasts	4	8
Red Cabbage, shredded	226 g	452 g
Gala Apple	1	2
Yellow Onion	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Brown Sugar	1 tbsp	2 tbsp
Creamy Horseradish Sauce	2 tbsp	4 tbsp
Pastrami Spice Blend	½ tbsp	1 tbsp
Parsley	7 g	7 g
Yellow Potato	400 g	800 g
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.



Issue with your meal?
Scan the QR code to
share your feedback.

1



Cook potatoes

- Cut **potatoes** into 1-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-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

4



Finish prep and potatoes

- Meanwhile, peel, then coarsely grate **apple**.
- Roughly chop **parsley**.
- Roughly mash **creamy horseradish sauce** and **2 tbsp** (4 tbsp) **butter** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** and **pepper**, to taste.

2



Start braised cabbage

- Meanwhile, heat a large pot over medium heat.
- While the pot heats, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **onions**. Cook, stirring often, until softened, 2-3 min.
- Add **cabbage**, **vinegar**, **brown sugar** and **½ cup** (¾ cup) **water**, then season with **salt** and **pepper**. Cover and bring to a simmer.
- Once simmering, cook, stirring occasionally, until **cabbage** is tender-crisp, 13-15 min.

5



Finish braised cabbage

- When **cabbage** has braised for 8-10 min, stir in **grated apple**. Cook uncovered, stirring occasionally, until **apples** are tender, 5-6 min. (**TIP:** If water reduces too fast, add 2 tbsp water at a time to prevent sticking.)
- Add **1 tbsp** (2 tbsp) **butter**, then stir until melted. Season with **salt** and **pepper**, to taste.

3



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 **salt** and **half the Pastrami Spice Blend** (use all for 4 ppl).
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Arrange on a parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 10-12 min.**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **braised cabbage** and **horseradish smashed potatoes** between plates.
- Arrange **chicken** over **potatoes**.
- Sprinkle **parsley** over top.

Dinner Solved!