

Chicken and Savoury Mushroom Sauce

with Roasted Brussels Sprouts and Potatoes

Calorie Smart

35 Minutes



Chicken Breasts



Yellow Potato



Mushrooms



Sour Cream



Garlic



Chicken Broth Concentrate



Chives



Brussels Sprouts

HELLO BRUSSELS SPROUTS

These tiny green globes turn crispy and sweet once roasted.

Start here

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

Bust Out

2 baking sheet, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	340 g	680 g
Yellow Potato	300 g	600 g
Mushrooms	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Garlic	3 g	6 g
Chicken Broth Concentrate	1	2
Chives	7 g	7 g
Brussels Sprouts	227 g	454 g
Unsalted Butter*	1 tbsp	2 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Roast veggies

Halve the **Brussels sprouts**. Cut **potatoes** into ¼-inch pieces. Add **potatoes, Brussels sprouts** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange evenly into a single layer. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 22-24 min.



Prep

While the **veggies** roast, peel, then mince or grate **garlic**. Thinly slice the **chives**. Thinly slice **mushrooms**. Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**.



Sear chicken

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, until golden-brown, 3-4 min per side.



Finish chicken

Remove the pan from heat. Transfer **chicken** to another baking sheet. Roast in the **top** of the oven, until **chicken** is cooked through, 10-12 min.**



Make mushroom sauce

While the chicken roasts, heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mushrooms** and **garlic**. Cook, stirring often, until **mushrooms** soften, 2-3 min. Add **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Remove pan from heat, then stir in **sour cream** and **half the chives**. Season with **salt** and **pepper**.



Finish and serve

Divide **chicken** and **roasted veggies** between plates. Spoon **mushroom sauce** over top. Sprinkle with **remaining chives**.

Dinner Solved!