



# CHICKEN STEW

with Cheesy Onion Biscuits

FAMILY



## HELLO BISCUITS!

Cheesy, flakey biscuits are as easy as 1-2-3!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 578



Chicken Breasts



Mirepoix



Cheddar Cheese, shredded



Green Onions



Thyme



All-Purpose Flour



Chicken Broth Concentrate



Baking Powder



Leek, sliced



Mayonnaise



Sour Cream



Garlic

## BUST OUT

- Baking Sheet
- Paper Towels
- Garlic Press
- Parchment Paper
- Large Bowl
- Silicone Brush
- Measuring Spoons
- Sugar (1 tsp)
- Large Non-Stick Pan
- Butter (2 tbsp)
- Measuring Cups
- Salt and Pepper
- Whisk
- Olive or Canola oil
- Measuring Spoons

## INGREDIENTS

4-person

- Chicken Breasts 680 g
- Mirepoix 227 g
- Cheddar Cheese, shredded 2 ½ cup
- Green Onions 2
- Thyme 10 g
- All-Purpose Flour 1 1½ cup
- Chicken Broth Concentrate 3
- Baking Powder 1 tbsp
- Leek, sliced 113 g
- Mayonnaise 3,9 4 tbsp
- Sour Cream 2 6 tbsp
- Garlic 10 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to 425°F (to bake the biscuits).



**1 MAKE BISCUITS** Wash and dry all produce.\* Thinly slice the **green onions**. In a large bowl, whisk together **1¼ cup flour**, **baking powder**, **3 tbsp water**, **1 tsp sugar** and **½ tsp salt**. Add **mayo**, **cheese**, **half the green onions** and **half the sour cream**. Stir together. Using your hands, mix the **dough** until it forms into a ball and pulls away from the side of the bowl. Flatten **dough** and press into a 1-inch thick round disc. Set aside.



**4 FINISH STEW** Return the **chicken** to the pan and pour over any **remaining juices** from the plate. Sprinkle the **remaining flour** over the **chicken** and **veggies**. Stir for 1 min. Stir in the **broth concentrates**, **2 ½ cups water** and **remaining sour cream**. Cook until the **sauce** thickens slightly, 8-9 min. Season with **salt** and **pepper**.



**2 PREP** Meanwhile, strip **1 tbsp thyme leaves** from the stems. Mince or grate the **garlic**. Pat the **chicken** dry with paper towels. Cut the **chicken** into ½-inch cubes.



**5 BAKE BISCUITS** Cut the **biscuit disc** into **four** quarters, then cut each quarter in half. (**NOTE:** You will have 8 pieces in total.) Transfer the **biscuits** to a parchment-lined baking sheet. Bake in the middle of the oven until the **biscuits** are puffed up and golden-brown, 10-12 min.



**3 START STEW** Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **chicken**. Cook until golden-brown, 6-8 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*\*) Season with **salt** and **pepper**. Transfer the **chicken** to a plate. Reduce heat to medium. Add **2 tbsp butter** to the pan, then the **mirepoix**, **leeks**, **garlic** and **thyme**. Cook, stirring occasionally, until the **mirepoix** softens slightly, 3-4 min.



**6 FINISH AND SERVE** Divide the **chicken stew** between bowls. Sprinkle over the **remaining green onions**. Serve with the **cheesy onion biscuits**.

## MAKE AGAIN!

These biscuits are great with a side of bacon and eggs too!