



Chicken Stroganoff

with Savoury Rice and Peas

Family Friendly

30 Minutes



Chicken Thighs



Yellow Onion



Mushrooms



Sour Cream



Dijon Mustard



Chicken Broth Concentrate



All-Purpose Flour



Green Peas



Basmati Rice



Worcestershire Sauce



Chives

HELLO STROGANOFF

A classic Russian dish from the 1800s!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Yellow Onion	113 g	226 g
Mushrooms	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Green Peas	56 g	113 g
Basmati Rice	¾ cup	1 ½ cups
Worcestershire Sauce	½ tbsp	1 tbsp
Chives	7 g	7 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	⅛ tsp	¼ tsp
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.

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Cook rice

Heat a medium pot over medium heat. While the pot heats, peel, then cut **onion** into ¼-inch pieces. When the pot is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted. Add **half the onions**. Cook, stirring often, until slightly softened, 2-3 min. Add **half the broth concentrate**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl). Bring to a boil over high. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Halfway through cooking, add **peas**. Continue cooking until **rice** is done. Remove the pot from heat. Set aside, still covered.



Cook sauce

Add **1 tbsp butter** (dbl for 4 ppl) to the pan with **veggies**. Stir until **butter** melts. Sprinkle **flour** over top. Cook, stirring constantly, until **veggies** are coated, 1 min. Gradually whisk in **¾ cup water** (dbl for 4 ppl) and **remaining broth concentrate**. Cook, whisking constantly, until **sauce** is smooth and comes to a simmer. Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.



Prep

While **rice** cooks, quarter **mushrooms**. Thinly slice **chives**. Pat **chicken** dry with paper towels, then cut into ½-inch strips. Season with **salt** and **pepper**.



Finish stroganoff

Add **chicken**, **Dijon**, **half the Worcestershire sauce** (use all for 4 ppl) and **⅛ tsp sugar** (dbl for 4 ppl) to the pan with **veggies**. Cook, stirring often, until **chicken** is cooked through, 2-3 min. ** Remove the pan from heat. Add **sour cream**, then season with **salt** and **pepper**, to taste. Stir until combined, 1 min.



Sear chicken and cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping once, until golden-brown, 3-4 min per side. (NOTE: It's okay if chicken doesn't cook all the way through in this step!) Transfer **chicken** to a plate. Add **½ tbsp oil** (dbl for 4 ppl) to the pan, then **remaining onions** and **mushrooms**. Cook, stirring occasionally, until **mushrooms** are golden, 3-4 min. Season with **salt** and **pepper**.



Finish and serve

Fluff **rice** with a fork. Divide **rice** and **chicken stroganoff** between plates. Sprinkle **chives** over top.

Dinner Solved!