

Chicken Stroganoff

with Savoury Rice and Peas

Family Friendly

30 Minutes





Chicken Thighs







Mushrooms



Dijon Mustard



Chicken Broth Concentrate

Sour Cream



All-Purpose Flour





Basmati Rice



Green Peas

Worcestershire Sauce



Chives

HELLO STROGANOFF

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

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	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*	⅓ tsp	1/4 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.

Contact

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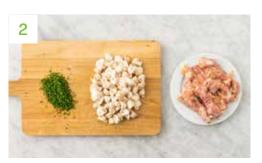


Cook rice

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.



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**.



Sear chicken and cook veggies

Heat a large non-stick pan over mediumhigh 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.



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.



Finish stroganoff

Add chicken, Dijon, half the Worcestershire sauce (use all for 4 ppl) and ½ 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.



Finish and serve

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

Dinner Solved!