

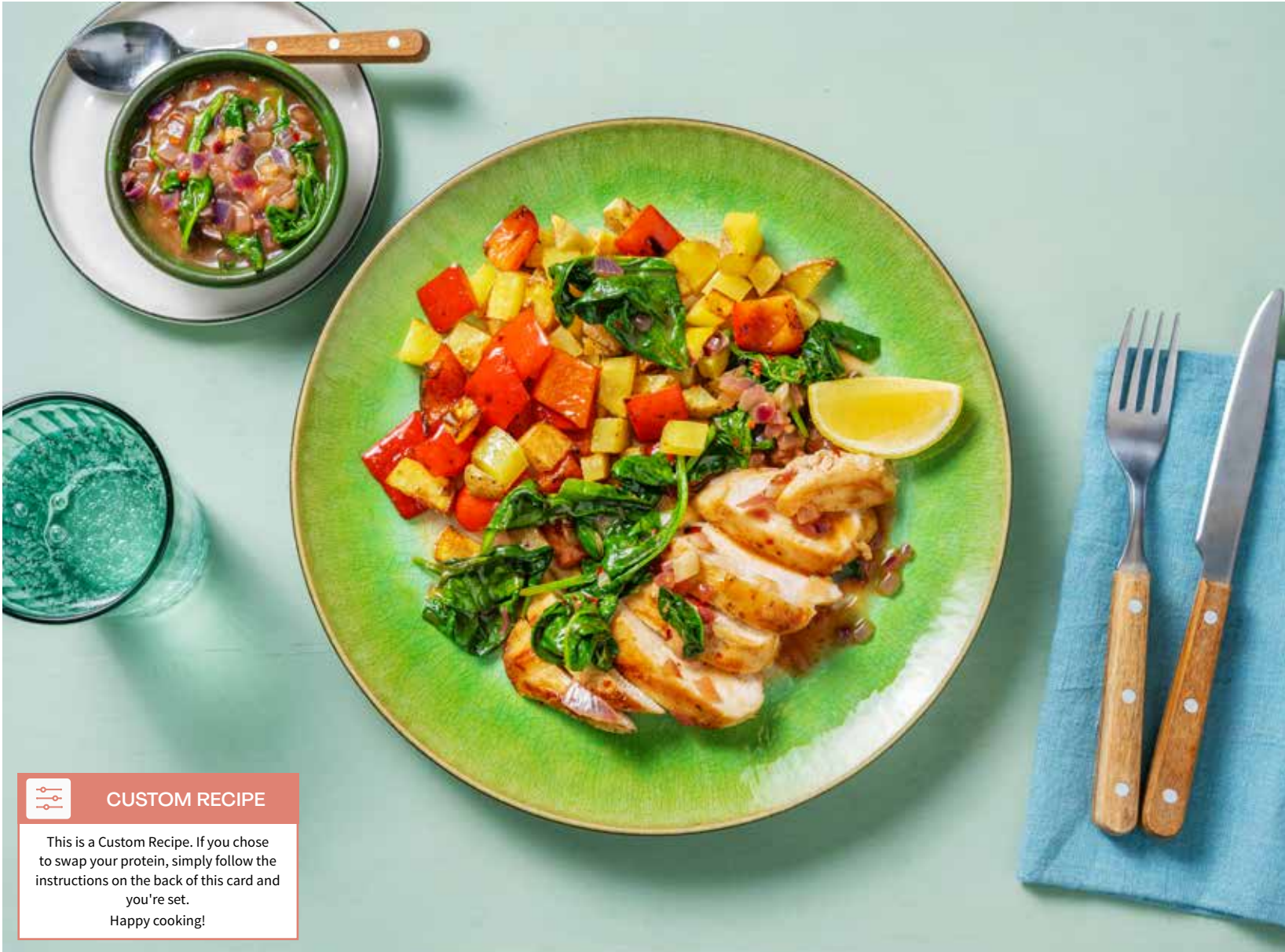


# Chicken and Peppers

with Lemony Sauce and Roasted Potatoes

Optional Spice

30 Minutes



Chicken Breasts



Chicken Thighs



Sweet Bell Pepper



Russet Potato



Lemon



Red Onion



Garlic Puree



All-Purpose Flour



Chicken Broth Concentrate



Chili Flakes



Chicken Salt



Baby Spinach



### CUSTOM RECIPE

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

Happy cooking!

HELLO SCARPARIELLO

*This meal is inspired by 'scarpariello,' an Italian dish whose name translates to 'shoemaker-style!'*

## Start here

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

### Heat Guide for Step 5:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

2 Baking sheets, measuring spoons, zester, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	4	8
Sweet Bell Pepper	160 g	320 g
Russet Potato	460 g	920 g
Lemon	1	1
Red Onion	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Chili Flakes 🌶️	1 tsp	1 tsp
Chicken Salt	1 tbsp	2 tbsp
Baby Spinach	56 g	113 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 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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## Prep and roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes, half the chicken salt** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 24-26 min. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, using 1 tbsp oil per sheet. Bake in the top and middle of the oven, rotating sheets halfway through.)



## Cook chicken and peppers

Pat **chicken** dry with paper towels. Season with **remaining chicken salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until **chicken** is golden-brown, 1-2 min per side. Transfer **chicken** to the baking sheet with **peppers**. Bake in the **middle** of the oven until **peppers** are tender and **chicken** is cooked through, 10-12 min.\*\* Carefully wipe the pan clean.

### CUSTOM RECIPE

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



## Prep

While **potatoes** roast, core, then cut **pepper** into 1-inch pieces. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



## Make sauce

While **chicken** and **peppers** bake, reheat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 3-4 min. Stir in **garlic puree**, then sprinkle **flour** over top. Cook, stirring often, until **onions** are coated, 1 min. Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a boil and cook, stirring often, until thickened, 2-4 min. Stir in **spinach, lemon zest, 1 tsp lemon juice** (dbl for 4 ppl) and **½ tsp chili flakes**. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**, to taste.



## Season peppers

Add **peppers** and **½ tbsp oil** (dbl for 4 ppl) to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside.



## Finish and serve

Thinly slice **chicken**. Divide **chicken, peppers** and **potatoes** between plates. Spoon **sauce** over **chicken**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!