



Creamy Mushroom Chicken

with Smashed Potatoes and Broccoli

30 Minutes



Chicken Breasts



Mushrooms



Yellow Potato



Sour Cream



Yellow Onion



Chicken Broth Concentrate



All-Purpose Flour



Broccoli, florets

HELLO SOUR CREAM

Takes smashed potatoes from simple to luxurious!

Start here

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

Bust Out

Baking sheet, colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Mushrooms	113 g	227 g
Yellow Potato	360 g	720 g
Sour Cream	3 tbsp	6 tbsp
Yellow Onion	56 g	113 g
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Milk*	¾ cup	1 ½ cup
Unsalted Butter*	3 tbsp	6 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.

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Cook potatoes

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **1 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Drain and return them to the same pot, off heat.



Roast chicken and broccoli

Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl), to the other side of the baking sheet with **chicken**. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, until **broccoli** is tender and **chicken** is cooked through, 10-12 min.**



Prep

While **potatoes** cook, cut **broccoli** into bite-sized pieces. Thinly slice **mushrooms**. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



Make creamy mushrooms

While **chicken** and **broccoli** roast, heat the same pan (from step 3) over medium-high. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mushrooms** and **onions**. Cook, stirring occasionally, until softened, 5-6 min. Reduce heat to medium, then sprinkle with **flour**. Cook, stirring often, until **veggies** are coated, 1-2 min. Add **broth concentrate** and **¾ cup milk** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



Pan-fry chicken

Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden-brown, 2-3 min per side. Transfer to one side of a baking sheet.



Finish and serve

When **potatoes** are done, using a masher, roughly mash **sour cream** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**. Thinly slice **chicken**. Divide **chicken**, **smashed potatoes** and **broccoli** between plates. Spoon **creamy mushrooms** over **chicken**.

Dinner Solved!