



Creamy Paprika Chicken

with Sweet Peppers on Buttery Mash

30 Minutes



Chicken Thighs



Russet Potato



Paprika-Garlic Blend



Sweet Bell Pepper



All-Purpose Flour



Chicken Broth Concentrate



Sour Cream



Tomato Sauce Base



Baby Spinach

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels, colander

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Russet Potato	460 g	920 g
Paprika-Garlic Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
All-Purpose Flour	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Sour Cream	6 tbsp	12 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Baby Spinach	28 g	56 g
Unsalted Butter*	2 tbsp	4 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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1 Prep and cook potatoes

Peel, then cut **potatoes** into 1-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (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.



4 Make sauce

Add **tomato sauce base**, **Paprika-Garlic Blend** and **flour** to the pan with **chicken**. Cook, stirring often, until coated, 1 min. Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 7-8 min.**



2 Prep and cook peppers

While **potatoes** cook, core, then cut **pepper** into 1-inch pieces. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to a plate.



5 Mash potatoes

When **potatoes** are fork-tender, reserve **½ cup potato cooking water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Mash **reserved cooking water** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until **creamy**. Season with **salt** and **pepper**.



3 Prep and sear chicken

Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**. Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden brown, 2-3 min per side. (**NOTE**: Chicken will finish cooking in step 4.)



6 Finish and serve

Add **peppers**, **spinach** and **half the sour cream** to the pan with **chicken and sauce**. Season to taste with **salt** and **pepper**, then stir until **spinach** wilts, 1 min. Divide **mash** between plates. Top with **chicken**, **sauce and peppers**. Dollop **remaining sour cream** over top.

Dinner Solved!