



Chicken and Braised Cabbage with Horseradish Smashed Potatoes

Discovery

35 Minutes

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or

*2 Double

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*2 Double



Chicken Breasts

4 | 8

↻ Swap



Tofu

1 | 2



Chicken Breasts

2 | 4



Red Cabbage, shredded
226 g | 452 g



Gala Apple

1 | 2



Yellow Onion

56 g | 113 g



Red Wine Vinegar

1 tbsp | 2 tbsp



Brown Sugar

1 tbsp | 2 tbsp



Creamy Horseradish
Sauce

2 tbsp | 4 tbsp



Pastrami Spice
Blend

1/2 tbsp | 1 tbsp



Parsley

7 g | 7 g



Russet Potato

2 | 4



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.

Pantry items | Unsalted butter*, salt*, pepper*, oil*

Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, potato masher, box grater, medium pot, colander, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

1



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until **potatoes** are fork-tender, 10-12 min.
- Drain and return to the same pot, off heat.

2



Start braised cabbage

- Swap** | Tofu
- Meanwhile, heat a large pot over medium heat.
 - While the pot heats, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
 - When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
 - Add **onions**. Cook, stirring often, until softened, 2-3 min.
 - Add **cabbage**, **vinegar**, **brown sugar** and **½ cup** (¾ cup) **water**, then season with **salt** and **pepper**. Cover and bring to a simmer.
 - Once simmering, cook, stirring occasionally, until **cabbage** is tender-crisp, 13-15 min.

3



Cook chicken

- 2x Double** | Chicken
- Meanwhile, heat a large non-stick pan over medium-high heat.
 - While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **half the Pastrami Spice Blend** (use all for 4 ppl).
 - When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
 - Arrange on a parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 10-12 min.**

4



Finish prep and potatoes

- Meanwhile, peel, then coarsely grate **apple**.
- Roughly chop **parsley**.
- Roughly mash **creamy horseradish sauce** and **2 tbsp** (4 tbsp) **butter** into **potatoes** until slightly mashed. (**NOTE**: 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** and **pepper**, to taste.

5



Finish braised cabbage

- When **cabbage** has braised for 8-10 min, stir in **grated apple**.
- Cook uncovered, stirring occasionally, until **apples** are tender, 5-6 min. (**TIP**: If water reduces too quickly, add 2 tbsp water at a time to prevent sticking.)
- Add **1 tbsp** (2 tbsp) **butter**, then stir until melted. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **braised cabbage** and **smashed potatoes** between plates.
- Arrange **chicken** over **potatoes**.
- Sprinkle **parsley** over top.

Measurements within steps | **1 tbsp** (2 person) | **(2 tbsp)** (4 person) | **oil** (Ingredient)

3 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE**: You will have 2 tofu "steak" squares). Season with **salt**, **pepper** and **half the Pastrami Spice Blend** (use all for 4 ppl). Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until crispy, 2-3 min per side. Transfer to a plate. Set aside.

3 | Cook chicken

2x Double | Chicken

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

** 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.



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