



# Farmhouse Chicken

with Brown Butter 'Champ' Mash

30 Minutes



Chicken Breasts



Russet Potato



Green Onion



Chicken Broth Concentrate



Carrot



Chicken Salt



All-Purpose Flour



Honey



Green Peas

HELLO BROWN BUTTER

*This technique gives butter a caramelized, toasty flavour!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Russet Potato	460 g	920 g
Green Onion	2	2
Chicken Broth Concentrate	1	2
Carrot	170 g	340 g
Chicken Salt	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Green Peas	56 g	113 g
Milk*	¼ cup	½ cup
Unsalted Butter*	¼ cup	½ cup
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## 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.



## Make gravy

- Melt **1 tbsp butter** (dbl for 4 ppl) in the same pan (from step 2) over medium.
- When **butter** is melted, add **flour**. Cook, whisking often, until light golden-brown, 1-2 min.
- Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a gentle boil.
- Once boiling, cook, whisking often, until **gravy** thickens slightly, 2-3 min.
- Remove the pan from heat, then season **gravy** with **pepper**, to taste. Cover to keep warm.



## Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **half the chicken 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**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.\*\*



## Finish potatoes

- When **potatoes** are fork-tender, drain, then set aside in the colander.
- Heat the same pot (from step 1) over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted. Continue to cook **butter**, stirring often, until golden-brown, 2-3 min. (**TIP:** Keep an eye on butter so it doesn't burn!)
- Return **potatoes** to the pot, then remove from heat.
- Mash **half the green onions** and **¼ cup milk** (dbl for 4 ppl) into **potatoes** and **brown butter** until creamy. Season with **salt** and **pepper**, to taste.



## Cook veggies

- Meanwhile, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Add **carrots, peas, honey, remaining chicken salt, ¼ cup water** and **1 tbsp butter** (dbl both for 4 ppl) to a medium pot. Season with pepper. Bring to a boil over high heat.
- Once boiling, reduce heat to medium and cook, stirring occasionally, until **carrots** are tender and **liquid** is absorbed, 8-14 min. (**TIP:** If pot is getting dry before veggies are done, add more water, 1 tbsp at a time!)



## Finish and serve

- Thinly slice **chicken**.
- Stir **any chicken juices** from the baking sheet into **gravy**.
- Divide **chicken, mash** and **veggies** between plates.
- Spoon **gravy** over **chicken**. Sprinkle **remaining green onions** over top.

## Dinner Solved!