



# Hearty Tomato Braised Chicken with Seasoned Rice

30 Minutes



### 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!



Chicken Thighs



Chicken Breasts



Crushed Tomatoes with Garlic and Onion



Sweet Bell Pepper



Italian Seasoning



Mirepoix



Basmati Rice



Parsley



Parmesan Cheese, shredded



Chicken Broth Concentrate

HELLO MIREPOIX

*A classic flavour base made up of carrots, celery and onions!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Chicken Breasts ♦	2	4
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Sweet Bell Pepper	160 g	320 g
Italian Seasoning	1 tbsp	2 tbsp
Mirepoix	113 g	227 g
Basmati Rice	¾ cup	1½ cup
Parsley	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ cup
Chicken Broth Concentrate	2	4
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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## Prep

Core, then cut **pepper** into ¼-inch pieces. Roughly chop **parsley**.



## Cook rice

Bring **1 ¼ cups water**, **¼ tsp salt** (dbl both for 4 ppl) and **half the broth concentrate** to a boil in a covered medium pot. Add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



## Sear chicken

While **rice** cooks, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. (**TIP:** It's okay if chicken doesn't cook all the way through in this step!) Transfer **chicken** to a plate.



## CUSTOM RECIPE

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



## Start sauce

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix**, **peppers** and **Italian Seasoning**. Season with **salt** and **pepper**. Cook, stirring frequently, until slightly softened, 3-4 min.



## Finish sauce

Stir in **crushed tomatoes**, **remaining broth concentrate** and **1 cup water** (1 ½ cups for 4 ppl). Add **chicken** and bring to a boil. Once boiling, reduce heat to medium. Cook until **sauce** is slightly thickened and **chicken** is cooked through, 9-12 min.\*\*



## Finish and serve

Fluff **rice** with a fork, then stir in **half the parsley**. Thinly slice **chicken**. Divide **rice** between plates. Top **rice** with **chicken**, then spoon **sauce** over top. Sprinkle with **Parmesan** and **remaining parsley**.



## CUSTOM RECIPE

If you've opted to get **chicken breasts**, increase the cook time to 12-14 min.

## Dinner Solved!