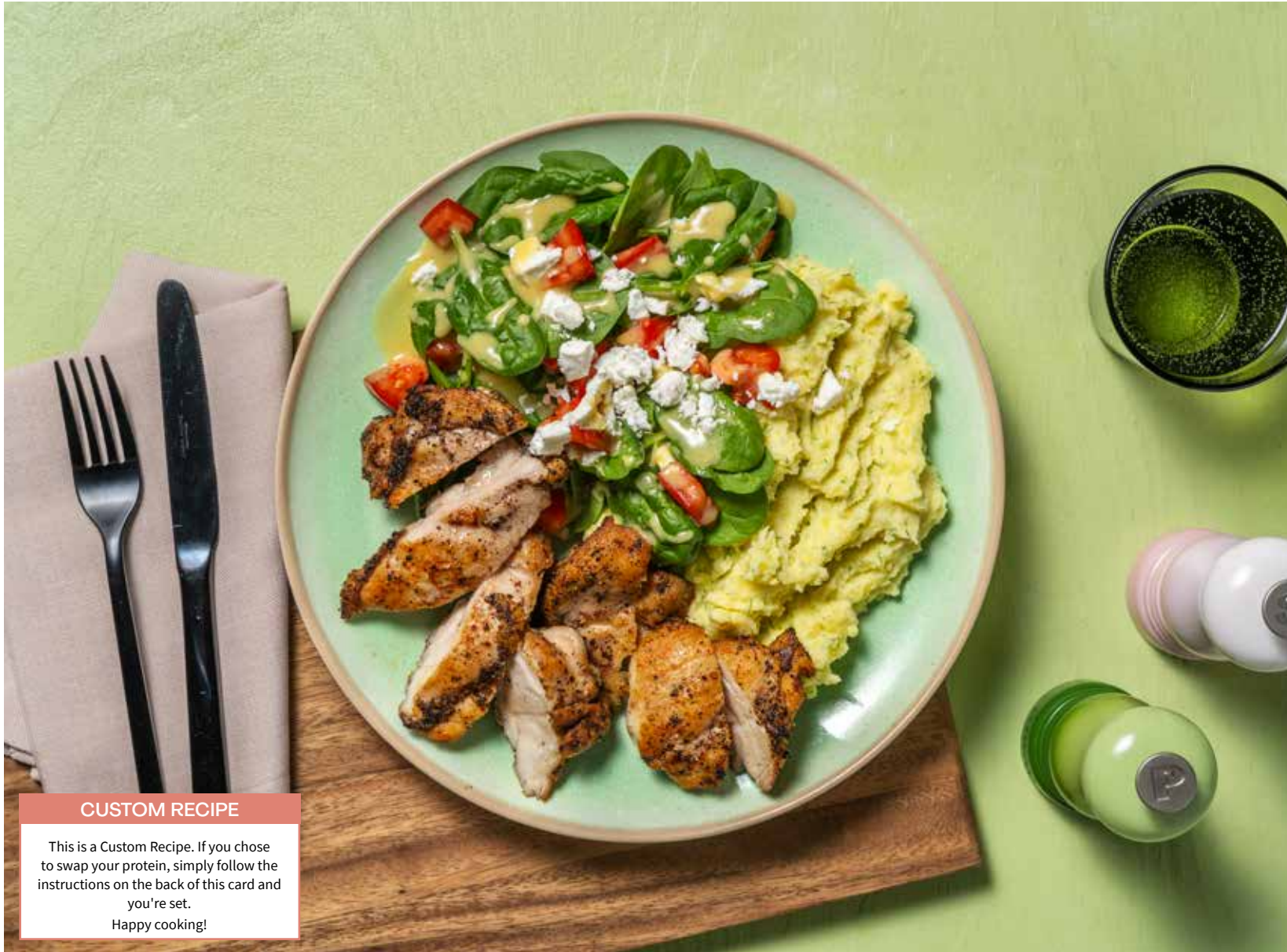




Mediterranean-Style Chicken

with Dill Mashed Potatoes and Spinach-Tomato Salad

30 Minutes



Chicken Thighs



Chicken Breasts



Russet Potato



Roma Tomato



Baby Spinach



Dill



Feta Cheese, crumbled



Red Wine Vinegar



Dijon Mustard



Mediterranean Spice Blend

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!

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

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

Dill Guide for Step 5 (dbl for 4 ppl):

- Mild: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs *	280 g	560 g
Chicken Breasts *	2	4
Russet Potato	460 g	920 g
Roma Tomato	160 g	320 g
Baby Spinach	113 g	227 g
Dill	7 g	14 g
Feta Cheese, crumbled	¼ cup	½ cup
Red Wine Vinegar	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Mediterranean Spice Blend	½ tbsp	1 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
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

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Boil 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 salad dressing

- Meanwhile, cut **tomatoes** into ¼-inch pieces.
- Add **vinegar, Dijon, 1 tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk until **sugar** dissolves.



Season chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Sprinkle **half the Mediterranean Spice Blend** over **chicken** (use all for 4 ppl), then season with **salt** and **pepper**.

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**, then increase the roast time to 12-14 min.**



Mash potatoes

- Finely chop **dill**.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **¼ cup milk** and **2 tbsp butter** (dbl both for 4 ppl) into **potatoes** until creamy.
- Add **2 tsp dill**, season with **salt** and **pepper**, to taste, then stir to combine. (NOTE: Reference dill guide.)



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to a foil-lined baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**



Finish and serve

- Add **spinach, tomatoes** and **half the feta** to the bowl with **dressing**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken, mashed potatoes** and **salad** between plates.
- Sprinkle **remaining feta** over **salad**.

Dinner Solved!