



# Montreal Spiced Chicken with Creamed Spinach and Roasted Sweet Potatoes

Family

35 Minutes



Chicken Breasts



Sour Cream



Baby Spinach



Sweet Potato



Garlic



Montreal Spice Blend



Yellow Onion

## HELLO CREAMED SPINACH

*Sautéed and tossed with sour cream, milk and butter for steak house inspired classic side!*



## Start here

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

## Bust Out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Sour Cream	6 tbsp	12 tbsp
Baby Spinach	113 g	227 g
Sweet Potato	340 g	680 g
Garlic	6 g	12 g
Montreal Spice Blend	1 tbsp	2 tbsp
Yellow Onion	113 g	227 g
Milk*	¼ cup	½ cup
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.

## 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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## Roast sweet potatoes

Halve **sweet potatoes** lengthwise, then cut into ¼-inch half-moons. Toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown, 22-24 min.



## Prep

While the **sweet potatoes** roast, halve, peel, then thinly slice the **onion**. Peel, then mince the **garlic**. Pat the **chicken** dry with paper towels. Season **chicken** all over with the **Montreal spice blend**.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to another baking sheet. Roast in the **middle** of the oven, until **chicken** is cooked through, 10-12 min. \*\* Carefully wipe the pan clean.



## Start creamed spinach

Re-heat the large non-stick pan over medium heat. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 5-6 min. Add **spinach** and **garlic**, then season with **salt**. Cook, stirring occasionally, until **spinach** has wilted, 2-3 min.



## Finish creamed spinach

Remove the pan from the heat, then stir in **sour cream**, **¼ cup milk** and **2 tbsp butter** (dbl both for 4 ppl). Return the pan to the heat over medium. Cook, stirring often, until the **cream spinach** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



## Finish and serve

Divide the **chicken**, **cream spinach** and **roasted sweet potatoes** between plates.

## Dinner Solved!