



Nashville-Style Hot Chicken

with Creamy Mac and Cheese

Spicy

30 Minutes



Chicken Thighs



Hot Sauce



Smoked Paprika



Honey



Cheddar Cheese,
shredded



Green Peas



Cornstarch



Cavatappi



Cream Cheese



Dijon Mustard



Broccoli,
florets

HELLO NASHVILLE HOT CHICKEN

A popular style of spicy fried chicken created in Nashville!

Start here

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

Bust out

Baking sheet, colander, measuring spoons, shallow dish, large bowl, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Hot Sauce 🍷	¼ cup	½ cup
Smoked Paprika	1 tsp	2 tsp
Honey	1 tbsp	2 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Green Peas	56 g	113 g
Cornstarch	2 tbsp	4 tbsp
Cavatappi	170 g	340 g
Cream Cheese	86 g	172 g
Dijon Mustard	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
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.

♦ 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.

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Start prep

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, combine **cornstarch**, **½ tsp salt**, **½ tsp pepper** and **¼ tsp smoked paprika** (dbl all for 4 ppl) in a shallow dish. Reserve **1 tbsp cornstarch mixture** (dbl for 4 ppl) in a small bowl. Set aside. (**NOTE:** You'll use this to thicken the mac and cheese in step 5.)



Cook cavatappi

While **chicken** bakes, add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-9 min. When **cavatappi** is almost tender (around the 6 min mark), add **peas** and **broccoli** to the pot. Cook until cavatappi is tender. Drain and return **peas, broccoli and pasta** to the same pot.



Finish prep

Cut **broccoli** into bite-sized pieces. Pat **chicken** dry with paper towels. Add **chicken** to the shallow dish with **cornstarch mixture**. Turn to coat both sides.



Finish mac and cheese

Add **cream cheese**, **Dijon**, **2 tbsp butter** (dbl for 4 ppl), **cheese** and **reserved cornstarch mixture** (from step 1) to **pasta**. Reheat the large pot over medium. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. While **sauce** thickens, stir together **hot sauce** and **honey** in a large bowl.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.**



Finish and serve

Add **chicken** to the large bowl with **hot sauce mixture**. Toss to coat. Divide **chicken** and **mac and cheese** between plates.

Dinner Solved!