



Paprika-spiced Chicken Thighs in Paprikash Sauce with Sweet Pepper on Buttered Parsley Fusilli

PRONTO 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received. Thank you for your understanding & happy cooking!



Chicken Thighs/Leg



Paprika-Garlic Blend



Parsley



Sweet Bell Pepper



Onion, chopped



Garlic



Crushed Tomatoes



Chicken Broth Concentrate



Sour Cream



Baby Spinach



Fusilli

HELLO PAPRIKASH

A creamy tomato sauce spiced with paprika!

START HERE

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

Bust Out

Large Non-Stick Pan, Tongs, Baking Sheet, Large Pot, Measuring Cups & Spoons, Strainer, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Thighs	340 g	680 g
Paprika-Garlic Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Sweet Bell Pepper	160 g	320 g
Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Crushed Tomatoes	370 ml	740 ml
Chicken Broth Concentrate	1	2
Sour Cream	6 tbsp	12 tbsp
Baby Spinach	56 g	113 g
Fusilli	170 g	340 g
Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot (use same for 4 ppl). Cover and bring to boil over high heat. Core, then cut **pepper** into ½-inch pieces. Roughly chop **parsley**. Mince or grate **garlic**. Pat **chicken** dry with paper towels then cut into 3-inch pieces. Season with **salt** and **pepper** and sprinkle with **paprika-garlic blend**.



4. START CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden brown, 1-2 min per side. Transfer to a plate and set aside (we will finish cooking the chicken in step 5).



2. COOK FUSILLI

Add **fusilli** to the pot of **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min. When **fusilli** is done, drain and return to pot. Add **half the parsley** and **1 tbsp butter** (dbl for 4ppl). Toss to combine. Cover and set aside.



5. MAKE SAUCE

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until tender, 3-4 min. Add **garlic** and cook, stirring often, until fragrant, 30 sec. Stir in **tomatoes** and **broth concentrate(s)**. Add **chicken** and cook, stirring occasionally, until **sauce** is slightly thickened and **chicken** is cooked through, 7-8 min.**



3. ROAST PEPPERS

Toss **peppers** with **½ tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until tender 14-16 min.



6. FINISH AND SERVE

When **chicken** is done, use tongs to transfer to a large plate. Using two forks, shred **chicken** into bite-sized pieces. Add **spinach** and **shredded chicken** to pan with **sauce**. Stir together, until **spinach** wilts, 1 min. Remove pan from heat. Stir in **sour cream** and season with **salt** and **pepper**. Divide **fusilli** between bowls. Top with **chicken, sauce** and **peppers**. Sprinkle with **remaining parsley**.

Dinner Solved!