



Retro Chicken and Cheese Sauce

with Rice Pilaf and Garlic Veggies

FAMILY 40 Minutes



Chicken Thighs



Cheddar Cheese, shredded



Cream Cheese



Garlic



Broccoli/Cauliflower



Basmati Rice



Chicken Broth Concentrate



Green Peas



Cornstarch



Garlic Salt



Green Onion

HELLO RICE PILAF

A rice dish where the rice cooks with stock and aromatics instead of water!

START HERE

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

Bust Out

Baking Sheet, Large Non-Stick Pan, Medium Pot, Paper Towels, Parchment Paper, Whisk, Small Bowl, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Chicken Thighs	680 g
Cheddar Cheese, shredded	¼ cup
Cream Cheese	¼ cup
Garlic	6 g
Broccoli/Cauliflower	570 g
Basmati Rice	1 ½ cup
Chicken Broth Concentrate	2
Green Peas	56 g
Cornstarch	1 tbsp
Garlic Salt	1 ½ tsp
Green Onion	4
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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1. ROAST VEGGIES

Peel, then mince the **garlic**. Cut **broccoli** and **cauliflower** into bite-size pieces. Toss **broccoli** and **cauliflower** with **garlic** and **2 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, until golden-brown, 21-23 min.



4. MAKE CHEESE SAUCE

While rice cooks, re-heat the large non-stick pan over medium heat. Add the **cream cheese** and **½ cup milk**. Whisk together in the pan. Bring to a slow simmer, 2-3 min. While the **cream cheese** melts, combine the **cheddar** and **cornstarch** in a small bowl. Slowly stir the **cheddar-cornstarch mixture** into the **milk mixture**, until **cheddar** is melted, 1-2 min. Season with **salt** and **pepper**.



2. COOK CHICKEN

Pat the **chicken** dry with paper towels. Season all over with **garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **chicken**. Cook, until golden-brown, 2-3 min per side. Transfer **chicken** to another baking sheet. Bake in **top** of oven, until **chicken** is cooked through, 10-12 min.** Carefully wipe the pan clean.



5. FINISH AND SERVE

Thinly slice the **green onions**. Fluff the **rice** with a fork and season with **salt**. Add the **peas** and **half the green onion** to the cooked rice. Stir to combine. Divide the **rice** between plates. Top with the **roasted veggies** and **chicken**. Spoon over the **cheese sauce**. Sprinkle over **remaining green onion**.

Dinner Solved!



3. COOK PILAF

Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil**, then the **rice**. Cook, stirring often, until toasted, 1 min. Add **2 ½ cups water** and **broth concentrates**. Cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.