



Rosemary Roasted Chicken and Grapes

with Creamy Cauliflower Mash

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



Red Grapes



Cauliflower, riced



Garlic



Shallot



Rosemary



Sour Cream

HELLO GRAPES

Juicy, sweet and versatile!

START HERE

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

Bust Out

Baking Sheet, Measuring Spoons, Parchment Paper, Large Non-Stick Pan, Paper Towels, Garlic Press

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Red Grapes	170 g	340 g
Cauliflower, riced	227 g	454 g
Garlic	6 g	12 g
Shallot	50 g	100 g
Rosemary	1 sprig	1 sprig
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

*** Minimum weight of chicken

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

Strip a few **rosemary leaves** from the stem and finely chop **1 tsp** (dbl for 4 ppl). Peel, then cut the **shallot** into ¼-inch pieces. Peel, then mince or grate the **garlic**.



4. START CAULI MASH

While the **chicken** roasts, add **1 tbsp butter** (dbl for 4 ppl) to the same pan over medium heat. Swirl to melt, 1 min. Add the **shallots** and **garlic**. Cook, stirring often, scraping up any **brown bits** left in the pan, until **shallots** soften, 2-3 min. Season with **salt** and **pepper**.



2. START CHICKEN

Pat **chicken** dry with paper towels. Cut the **chicken** in half. Sprinkle over **rosemary**, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then the **chicken**. Sear until golden-brown, 2-3 min per side. (**NOTE:** for 4 ppl, sear in batches, using ½ tbsp oil per batch)



5. FINISH CAULI MASH

Add **cauliflower** and **3 tbsp milk** (dbl for 4 ppl) to the pan. Cover and cook, stirring occasionally, until **cauliflower** softens, 4-5 min. Stir in the **sour cream**. Cook, uncovered, stirring often, until **sauce** thickens slightly, 1 min. Season with **salt** and **pepper**. Remove from heat.



3. FINISH CHICKEN

Transfer the **chicken** to a parchment-lined baking sheet. Add the **grapes** to the baking sheet. Roast in the **middle** of the oven until **grapes** burst and **chicken** is cooked through, 5-6 min.**



6. FINISH AND SERVE

Divide the **cauliflower mash** between plates. Top with the **chicken** and **roasted grapes**. Drizzle over any **liquid** from the baking sheet.

Dinner Solved!