



Sour Cream and Onion Chicken

with Roasted Veggies and Creamy Pan Sauce

25 Minutes

↔ Customized Protein

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or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

	
Chicken Breasts ⁺ 2 4	Tofu 1 2



	
Chicken Breast Tenders 340 g 680 g	Basmati Rice ¼ cup 1 ½ cups
	
Zucchini 1 2	Onion, sliced 113 g 227 g
	
Carrot, julienned 56 g 113 g	Sour Cream 3 tbsp 6 tbsp
	
Chicken Broth Concentrate 2 4	Cream Sauce Spice Blend 1 tbsp 2 tbsp
	
Garlic Salt 1 tsp 2 tsp	

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.

1



Cook rice

- Before starting, add **1 ½ cups (2 ⅔ cups) water** to a medium pot.
- Cover and bring to a boil over high heat.
- Preheat the oven to 475°F.
- Wash and dry all produce.
- Once boiling, add **rice, carrots, half the stock concentrate, half the garlic salt and 1 tbsp (2 tbsp) butter**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep and roast zucchini

- Meanwhile, quarter **zucchini** lengthwise. Cut into ½-inch quarter-moons.
- Add **zucchini, half the onions** and **½ tbsp (1 tbsp) oil** to an unlined baking sheet. Season with **remaining garlic salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven, stirring halfway through, until golden and tender-crisp, 12-14 min.
- While **veggies** roast, chop **remaining onions** into ¼-inch pieces.

3



Cook chicken

Swap | Chicken Breasts

Swap | Tofu

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels.
- Add **chicken** and **half the Cream Sauce Spice Blend** to a shallow dish. Season with **pepper**, then toss to coat.
- When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Cook until golden, 2-3 min per side. (NOTE: It's okay if chicken doesn't cook all the way through at this step.) Transfer to a plate.

4



Start sauce

- Reheat the same pan over medium-low.
- When hot, add **2 tbsp (4 tbsp) butter** and **remaining onions**.
- Season with **salt** and **pepper**. Cook, stirring often until **onions** are golden, 1-2 min.

5



Finish sauce and chicken

Swap | Tofu

- Sprinkle over **remaining Cream Sauce Spice Blend**. Stir to coat.
- Add **remaining broth concentrate, chicken** along with **any juices** from the plate, **¾ cup (1 ½ cups) water** and **¼ tsp (½ tsp) sugar**.
- Bring to a simmer. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 3-4 min. ** Remove from heat.
- Slide **chicken** to one side of the pan. Stir **sour cream** into **sauce** on the other side of the pan until smooth. Combine **chicken** with **sauce**. Flip to coat.

6



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** and **veggies** between plates.
- Top **rice** with **chicken**, then spoon over **any remaining sauce** from the pan.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook chicken breasts

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders** **

3 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels, then cut into 1-inch pieces. Add **tofu** and **half the Cream Sauce Spice Blend** to a shallow dish. Season with **pepper**, then toss to coat. When the pan is hot, add **1 tbsp (2 tbsp) oil**, then **tofu**. (NOTE: Don't overcrowd the pan; cook tofu in 2 batches if needed.) Pan-fry, turning **tofu** occasionally, until crispy and golden-brown all over, 6-7 min. Transfer **tofu** to a plate.

5 | Finish sauce and tofu

Swap | Tofu

After removing the pan from the heat, stir **sour cream** into **sauce** until smooth. Add **tofu** to pan, then toss to coat with **sauce**.



Issue with your meal? Scan the QR code to share your feedback.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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