



Southern Spiced Chicken

with Smashed Potatoes and Garlicky Green Beans

Family Friendly 35 Minutes



Chicken Breasts



Southwest Spice Blend



All-Purpose Flour



Russet Potato



Green Beans



Garlic Salt



Chicken Broth Concentrate



Garlic, cloves



Crispy Shallots

HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex dishes and adds Southern flair to chicken!

Start here

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

Bust out

Baking sheet, medium bowl, vegetable peeler, colander, measuring spoons, potato masher, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Southwest Spice Blend	1 tbsp	2 tbsp
All-Purpose Flour	4 tbsp	8 tbsp
Russet Potato	460 g	920 g
Green Beans	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Garlic, cloves	1	2
Crispy Shallots	28 g	56 g
Milk*	3 tbsp	6 tbsp
Unsalted Butter*	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.

• 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Trim, then halve **green beans**. Peel, then cut **potatoes** into 1-inch pieces. Peel, then mince or grate **garlic**.



Cook green beans

Heat the same pan over medium-high. When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **½ tbsp oil** (dbl for 4 ppl) and **half the garlic**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm. Carefully wipe the pan clean.



Cook potatoes

Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



Make gravy

Heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring often, until fragrant, 1-2 min. Sprinkle **remaining Southwest Spice Blend** and **remaining flour** over **garlic**. Cook, stirring often, until golden-brown, 2-3 min. Stir in **broth concentrate** and **⅔ cup water** (dbl for 4 ppl). Bring to a simmer and cook, stirring occasionally, until **gravy** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



Prep and cook chicken

While **potatoes** cook, combine **half the garlic salt**, **2 tsp Southwest Spice Blend** and **3 tbsp flour** (dbl both for 4 ppl) in a medium bowl. Pat **chicken** dry with paper towels, then cut into ½-inch strips. Toss **chicken** in **flour mixture** to coat. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown, 2-3 min. Transfer **chicken** to a parchment-lined baking sheet and roast in the **middle** of the oven until cooked through, 5-6 min.**



Finish and serve

When **potatoes** are fork-tender, reserve **¼ cup potato cooking water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Roughly mash **reserved water**, **2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with **remaining garlic salt** and **pepper**. Divide **mash** between plates. Top with **green beans**, then **chicken**. Spoon **gravy** over **chicken**. Sprinkle **crispy shallots** over top.

Dinner Solved!