

HELLO Speedy Chicken Tender Agrodolce with Button Mash and Boosted Vergies

with Buttery Mash and Roasted Veggies

25 Minutes



Breasts*

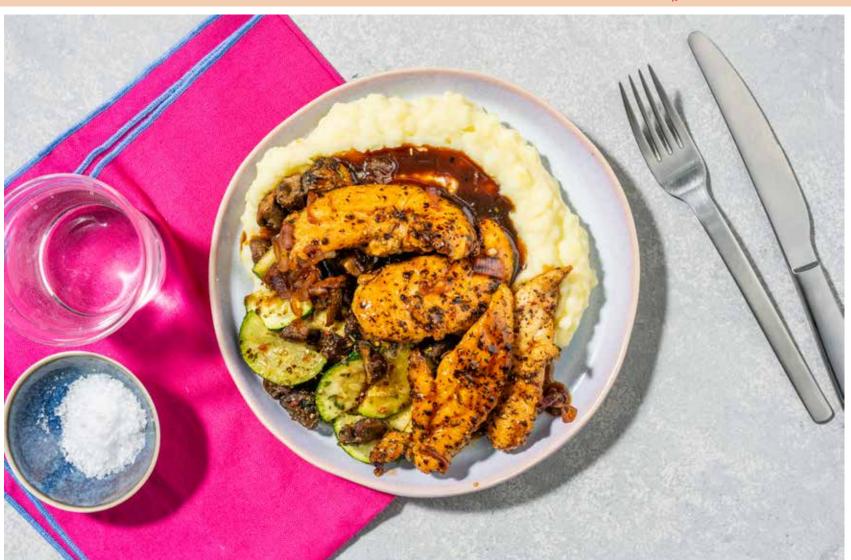
Customized Protein Add Swap





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 🎥









Russet Potato

310 g | 620 g



2 4



Balsamic Vinegar



1 tbsp | 2 tbsp











Zucchini 1 | 2

227 g | 454 g



Chicken Stock Reduction 1 | 2

Allengens 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. Cooking utensils | Baking sheet, measuring spoons, potato masher, large pot, large non-stick pan, paper towels



Prep and boil potatoes

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Meanwhile, peel, then cut potatoes into 1-inch pieces.
- Add potatoes to the boiling water. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high.
 Simmer uncovered until fork-tender,
 10-12 min.



Prep

🗘 Swap | Chicken Breasts

- Quarter mushrooms.
- Cut zucchini into ½-inch half-moons.
- Peel, then cut shallot into 1/4-inch slices.
- Pat chicken dry with paper towels. Sprinkle over half the Zesty Garlic Spice Blend, then season with salt and pepper.



Roast veggies

- Add zucchini, mushrooms, 1 tbsp (2 tbsp) oil and remaining Zesty Garlic Spice Blend to an unlined baking sheet. Season with salt and pepper, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until tender-crisp, 12-14 min.

4 Cook chicken breasts

2 | Prep chicken breasts

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, pat dry with paper towels. Season with **salt**

Measurements

within steps

and pepper.

Swap | Chicken Breasts

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, increasing cook time to 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**



Cook chicken

🔘 Swap | Chicken Breasts

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then chicken tenders. (NOTE: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.)
 Sear until tenders are golden-brown and cooked through, 3-4 min per side.**
- Transfer chicken to a plate.



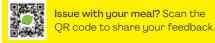
Make sauce

- Reduce heat to medium. Add ½ tbsp (1 tbsp)
 oil, then shallots.
- Cook, stirring occasionally, until softened, 2-3 min.
- Return chicken to the pan, along with any juices, then add balsamic vinegar, honey, chicken stock reduction and ¼ cup (½ cup) water to the pan.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Season with salt and pepper.
- Remove the pan from heat.
- Stir in 1 tbsp (2 tbsp) butter.



Finish and serve

- Drain and return potatoes to the same pot, off heat. Mash 2 tbsp (4 tbsp) butter and 2 tbsp (4 tbsp) milk into potatoes until creamy. Season with salt and pepper, to taste.
- Divide mash and veggies between plates.
- Top mash with chicken and drizzle over any sauce from the pan.



sp (2 tbsp) on 4 person Ingre

1 tbsp

oil