



LEMON CHIVE CHICKEN

with Garlic Mashed Potatoes and Roasted Carrots



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a pinch of peppery hot pizzazz.

PREP: 15 MIN | **TOTAL: 45 MIN** | **CALORIES: 680**



Garlic



Chives



Lemon



Flour
(Contains: Wheat)



Chicken Cutlets



Yukon Gold Potatoes



Carrots



Sour Cream
(Contains: Milk)



Tuscan Heat Spice



Chicken Stock Concentrate

START STRONG


Our trick for the creamiest-ever mashed potatoes? Always save a scoop of potato cooking water before draining. Add a few splashes of the starchy liquid while mashing until your spuds reach a smooth consistency.

BUST OUT

- Peeler
- Zester
- Small bowl
- Medium pot
- Strainer
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Olive oil (2 TBSP | 2 TBSP)
- Potato masher
- Baking sheet
- Paper towels
- Tongs
- Large pan

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Garlic 2 Cloves | 4 Cloves
- Chives ¼ oz | ½ oz
- Carrots 12 oz | 24 oz
- Lemon 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Flour 2 TBSP | 4 TBSP
- Tuscan Heat Spice  ½ TBSP | 1 TBSP
- Chicken Cutlets* 10 oz | 20 oz
- Chicken Stock Concentrate 1 | 2

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)





1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into 1-inch pieces. Mince **1 clove garlic** (keep the other whole). Thinly slice **chives**. Peel and cut **carrots** on a diagonal into ½-inch-thick pieces. Zest **lemon** until you have ½ tsp; quarter lemon. Squeeze 1 TBSP juice into a small bowl.



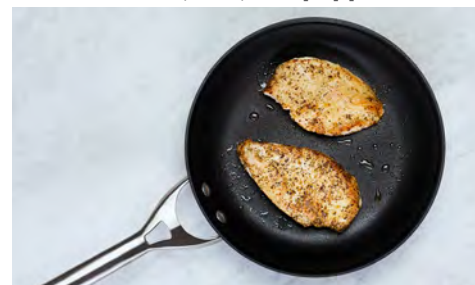
4 COAT CHICKEN

Reserve ½ **tsp flour** (we'll use it later). Combine remaining flour, ½ **TBSP Tuscan Heat Spice** (we sent more), **salt**, and **pepper** on a plate. Pat **chicken** dry with paper towels; season all over with salt and pepper. Using tongs, coat both sides of seasoned chicken in flour mixture.



2 MAKE MASHED POTATOES

Place **potatoes** and **whole garlic** in a medium pot with enough **water** to cover by 2 inches. Boil until tender, about 15 minutes. Reserve ¼ **cup cooking water**; drain. Return potatoes and garlic to pot. Add **sour cream**, **1 TBSP butter**, and a splash of cooking water. Mash, adding more water if needed, until creamy. Stir in half the **chives**, **salt**, and **pepper**.



5 COOK CHICKEN

Heat a large drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add coated **chicken** (tapping off any excess flour) and cook until browned on first side, 4-5 minutes. Flip and add another large drizzle of olive oil. Cook until browned and cooked through, 4-5 minutes. (**TIP:** If browning too quickly, lower heat.) Turn off heat; transfer to a plate.



3 ROAST CARROTS

While potatoes cook, toss **carrots** on a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Roast on middle rack until lightly browned and tender, 15-20 minutes. Toss with half the **lemon zest**.



6 FINISH AND SERVE

Heat a drizzle of **olive oil** in same pan over medium heat. Add remaining **garlic**, **flour**, and **zest**. Cook until fragrant, 30 seconds. Add **stock concentrate**, ¼ **cup water**, **lemon juice**, **salt**, and **pepper**. Simmer until thickened, 1 minute. Turn off heat; stir in **1 TBSP butter**. Divide **potatoes**, **carrots**, and **chicken** between plates. Top chicken with sauce. Garnish with remaining **chives**. Serve with any remaining **lemon wedges** on the side.

MARVELOUS!

Citrus-spiked sauce + crispy coated chicken = taste bud takeover.

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