



Cooking Made Easy

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## Pan-Seared Chicken & Pea Pilaf with Artichokes



Knowing how to make rice pilaf is a great trick to have up your sleeve - you can use the same technique with any variety of mixes or flavor profiles! This recipe calls for fresh Spring peas and artichoke hearts, all topped with juicy seared chicken and a rich pan sauce. Be sure to incorporate all the brown bits and juices left in the pan, that's where the flavor is!



40 min



level 1



nut free



gluten free



lactose free



Chicken Breast



Basmati Rice



Peas



Artichoke Hearts



Onion



Stock Concentrate



Garlic



Parsley

Ingredients	2 People	4 People
Chicken Breast	2	4
Basmati Rice	¾ C	1 ½ C
Peas	4 oz	8 oz
Artichoke Hearts	1 jar	2 jars
Stock Concentrate	2	4
Onion	1	2
Garlic	2 cloves	4 cloves
Parsley	1 bunch	2 bunches
Olive Oil*	1 ½ T	3 T

\*Not Included

**Allergens**  
(None)

**Tools**  
Medium Pan, Strainer,  
Large Pan

Ruler

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**Nutrition per person** Calories: 762 cal | Carbs: 94 g | Fat: 23 g | Protein: 50 g | Fiber: 4 g



**1** Halve, peel, and finely chop the **onion**. Drain the **artichokes**, then coarsely chop. Finely chop the **parsley**, keeping the leaves and stems separate. Mince or grate the **garlic**.



**2** Heat ½ tablespoon **olive oil** in a medium pan over medium heat. Add **half the onion** and the **parsley stems** and season with **salt** and **pepper**. Cook for about 5 minutes, stirring occasionally, until softened. Stir in the **rice** and cook for 2 minutes, until lightly toasted. Add **half the garlic** and cook for another 30 seconds, until fragrant.



**3** Add 1 **stock concentrate** and 1 ½ cups **water** to the pan. Bring to a boil, reduce to a simmer, cover, and cook for 10 minutes. Stir in the **artichokes** and **peas** and continue to cook, covered, for another 5 minutes, until rice is tender. Set aside, covered, off the heat. No peeking!



**4** Meanwhile, heat ½ tablespoon **olive oil** in a large pan over medium heat. Season both sides of the **chicken breasts** with **salt** and **pepper**. Sear for 4-5 minutes per side, until browned and juices run clear when pierced with a knife. Remove from the pan and set aside.

**5** In the same pan you cooked the chicken in, heat another ½ tablespoon **olive oil** over medium heat. Add the **remaining onion** to the pan and cook, stirring, for 5 minutes, until softened. Add the **remaining garlic** and cook for 30 seconds, until fragrant. Add the **second stock concentrate** and ¼ cup **water** to the pan and simmer 1-2 more minutes, until sauce thickens slightly. Sprinkle in **half the parsley leaves**.

**6** Thinly slice the **chicken breasts** against the grain. Fluff the **rice pilaf** with a fork. Serve the chicken over the pilaf and spoon the **sauce** over top. Sprinkle with **remaining parsley leaves** and enjoy!