



More than Food

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## Chicken & Butter Bean Cassoulet with Crispy Parmesan Breadcrumbs

We've taken cassoulet - a traditionally slow-cooked French bean casserole - and made it delicious in under 35 minutes. Shredded chicken thighs are braised in a garlic and thyme-infused broth for a major hit of flavor. Oh, and let's not forget about that cheesy breadcrumb topping.



35 min



level 1



nut free



Boneless, Skinless Chicken Thighs



Butter Beans



Carrot



Onion



Kale



Garlic



Thyme



Chicken Stock Concentrates



Panko



Parmesan



Parsley

## Ingredients

	2 People	4 People
Boneless, Skinless Chicken Thighs	12 oz	24 oz
Butter Beans	1 can	2 cans
Carrot	6 oz	12 oz
Onion	1	2
Kale	4 oz	8 oz
Garlic	2 cloves	4 cloves
Thyme	¼ oz	½ oz
Chicken Stock Concentrates	2	4
Panko	1) 2) ¼ C	½ C
Parmesan	3) ¼ C	½ C
Parsley	¼ oz	½ oz
Butter*	3) 1 T	2 T
Olive Oil*	½ T	1 T

\*Not Included

## Allergens

1) Wheat

2) Soy

3) Milk

## Tools

Small Bowl, Peeler,

Strainer, Medium

Oven-Proof Pan, Small

Baking Dish

Ruler

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**Nutrition per person** Calories: 599 cal | Carbs: 60 g | Fat: 22 g | Protein: 55 g | Fiber: 15 g | Sodium: 1400 mg

Make sure to wash and dry produce before prepping or cooking!



1

**1 Prep the ingredients:** halve, peel, and thinly slice the **onion**. Peel and finely dice the **carrot**. Strip the **thyme leaves** from the stems and roughly chop. Mince or grate the **garlic**. Finely chop the **parsley**. Drain and rinse the **butter beans**. Remove the ribs and stems from the **kale**, then thinly slice the leaves.



2

**2 Heat 1 Tablespoon butter** in a medium oven-proof pan over medium heat. Add the **onion** and **carrot** to the pan and cook, tossing, for 7-8 minutes, until softened and slightly caramelized. Add the **garlic** and **thyme** to the pan and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



4

**3 Add 2 cups water** and the **stock concentrates** to the pan and stir to combine. Bring to a boil, then add the **chicken thighs** to the pan. Cover and reduce to a low simmer for 12-14 minutes, until the chicken is cooked through.

**4 Shred the chicken:** Heat the broiler to high or the oven to 500 degrees. Remove the **chicken thighs** from the liquid and shred with two forks. Return the **shredded chicken** to the pan along with the **butter beans** and sliced **kale** and toss to combine. Increase the heat to medium-high and simmer, stirring occasionally, until the liquid thickens and is reduced by half. Season with **salt** and **pepper**.



6

**5 Make the cheesy breadcrumb topping:** while the sauce reduces, combine in a small bowl the **panko**, **chopped parsley**, **Parmesan**, **½ Tablespoon olive oil**, and a pinch of **salt** and **pepper**.

**6** Once the liquid has reduced, remove the pan from the heat. If you do not have an oven-proof pan, transfer the **chicken mixture** to a small (8x8") baking dish. Sprinkle the pan with the **cheesy breadcrumb topping**. Place the pan under the broiler for 2-3 minutes, until golden brown. Divide between bowls and enjoy!