



T-PAIN'S HOT CHICKEN MASHED POTATO BOWLS

with Roasted Green Beans & Gravy

INGREDIENTS

2 PERSON | 4 PERSON



16 oz | 32 oz
Potatoes*



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Chicken Cutlets



10.8 g | 21.6 g
Brown Sugar
Bourbon
Seasoning



1 TBSP | 2 TBSP
Flour
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



1 tsp | 2 tsp
Chili Powder



2 | 4
Chicken Stock
Concentrates



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

FROM T-PAIN'S KITCHEN



The Grammy Award-winning singer, producer, and songwriter serves up unexpected flavor combinations that honor his Southern roots and pack in loads of flavor.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 600



HELLO FRESH

I'M ON A (GRAVY) BOAT

Follow the directions in Step 5 to whip up your own homemade gravy in a flash.

Pro tip: Start whisking as soon as the flour hits the pan for a smooth finish!

BUST OUT

- Medium pot
- Large pan
- Strainer
- Whisk
- Baking sheet
- Potato masher
- Paper towels

- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)

Contains: Milk



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. (TIP: For a smoother texture, peel potatoes first.) Trim **green beans** if necessary.



2 COOK POTATOES

- Place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 10-12 minutes.
- Reserve **½ cup potato cooking liquid (1 cup for 4 servings)**, then drain. Return potatoes to pot and cover to keep warm.



3 ROAST GREEN BEANS

- While potatoes cook, toss **green beans** on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until tender and browned, 12-15 minutes.



4 COAT & COOK CHICKEN

- Pat **chicken*** dry with paper towels.
- In a shallow dish, combine **Brown Sugar Bourbon Seasoning**, **half the flour**, **half the garlic powder**, and as much **chili powder** as you like (we used ½ tsp; 1 tsp for 4 servings. Add more if you like it extra-spicy!). Press chicken into **flour mixture** to evenly coat.
- Heat a **drizzle of oil** in a large pan over medium heat. Add chicken; cook until browned and cooked through, 6-8 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan and let cool slightly.



5 MAKE GRAVY

- Return pan used for chicken to medium heat and add **1 TBSP butter (2 TBSP for 4 servings)**. Once butter has melted, add **remaining flour** and cook, whisking constantly, until a loose paste forms, 30-60 seconds.
- Add **stock concentrates** and **½ cup water (¾ cup for 4)**; cook, whisking constantly, until gravy has thickened, 1-2 minutes.
- Remove pan from heat and whisk in **sour cream**. Taste and season with **salt** and **pepper** if desired.



6 MASH POTATOES

- To pot with **potatoes**, add **1 TBSP butter (2 TBSP for 4 servings)** and **remaining garlic powder**.
- Mash until smooth, adding **splashes of reserved potato cooking liquid** as needed. Taste and season with **salt** and **pepper** if necessary.



7 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **mashed potatoes** between bowls. Top with chicken and **green beans** in separate sections; drizzle everything with **gravy**. (Add a drizzle of your favorite hot sauce for an extra kick!) Serve.

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