



TUSCAN POLENTA BOWLS WITH BRUSSELS SPROUTS

plus Tomato, Carrots & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



6 oz | 12 oz
Carrots



1 | 2
Red Onion



1 | 2
Tomato



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



1 TBSP | 1 TBSP
Tuscan Heat
Spice



8.8 oz | 17.6 oz
Precooked
Polenta



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



1 | 2
Veggie Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 660



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 480



HELLO

PRECOOKED POLENTA

All the creamy, savory joy, without the wait. Just heat, mix, and enjoy!

SPROUTS HONOR

Prefer your Brussels sprouts extra crispy? In Step 2, arrange them cut sides down. That flat surface will brown beautifully in the oven.

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Potato masher
- Whisk
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 4 tsp)
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim and halve **Brussels sprouts**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges. Halve **tomato**; cut into ½-inch-thick wedges. Peel and mince or grate **garlic**. Zest and quarter **lemon**.



3 MAKE POLENTA

- Meanwhile, in a small pot, combine **polenta** and ½ cup water (¾ cup for 4 servings) over medium heat. Mash with a potato masher until mostly smooth, 30-60 seconds.
- Add **sour cream, cream cheese, stock concentrate, half the Parmesan**, and 1 TBSP **butter** (2 TBSP for 4).
- Whisk until cheese melts and polenta is simmering and thickened, 2-3 minutes more. Season with **salt** and **pepper** to taste. Keep covered off heat until ready to serve.



2 ROAST VEGGIES

- On a baking sheet, toss **Brussels sprouts, carrots, onion, tomato, and garlic** with a **large drizzle of oil, half the Tuscan Heat Spice** (all for 4 servings), **salt**, and **pepper**. (For 4, toss as instructed, then divide between two baking sheets.)
- Roast on top rack until browned and tender, 15-20 minutes. (For 4, roast on top and middle racks, swapping rack positions halfway through cooking.)

- While veggies roast, pat **chicken*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



4 FINISH & SERVE

- Once **veggies** are done roasting, carefully add **juice from half the lemon** (whole lemon for 4 servings) and **lemon zest** to taste; toss to combine. Taste and season with **salt** and **pepper** if needed.
- Before serving, briefly stir **polenta** (rewarm over medium heat if necessary). **TIP: If polenta seems too thick, stir in a splash of water.**
- Divide polenta between shallow bowls and top with roasted veggies. Drizzle with **olive oil** and sprinkle with **remaining Parmesan**. Serve.
- Slice **chicken** crosswise; serve atop **polenta** along with **roasted veggies**.

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