



# PAPRIKA CHICKEN IN A LEMONY SAUCE

with Pistachio Rice & Roasted Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 4  
Scallions



¼ oz | ¼ oz  
Thyme



1 | 2  
Lemon



½ Cup | 1 Cup  
Basmati Rice



10 oz | 20 oz  
Chicken Cutlets



1 tsp | 2 tsp  
Paprika



1 | 2  
Chicken Stock  
Concentrate



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



ANY ISSUES WITH YOUR ORDER?  
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.



1¼ Cups | 2½ Cups  
Brown Rice

Calories: 740



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 620



HELLO

## PISTACHIO RICE

Toasty-sweet pistachios add crunch and depth to basmati rice.

### IN NO THYME

Pinch the thyme sprig near the top with one hand, then pull down with your other hand like a zipper. The fragrant leaves will pop right off!

### BUST OUT

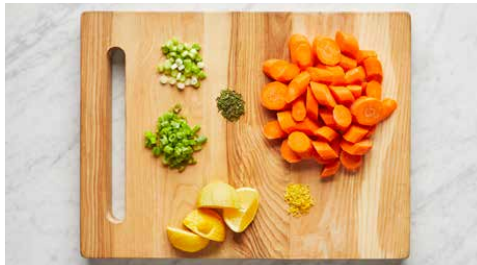
- Peeler
- Zester
- Baking sheet
- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 1 TBSP)  
Contains: Milk

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



### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens. Strip **1 tsp thyme leaves (2 tsp for 4 servings)** from stems; finely chop leaves. Zest and quarter **lemon**.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **drizzle of olive oil, salt, and pepper.**
- Roast on top rack until golden brown and tender, 20-25 minutes.



### 3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**; cook, stirring occasionally, until just softened, 1 minute.
- Stir in **rice, ¾ cup water (1½ cups for 4),** and a **pinch of salt.** Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- Swap in **brown rice** for basmati rice; use **1¾ cups water (3½ cups for 4 servings)** and a **big pinch of salt.** Cook until tender, 20-25 minutes. **(Save basmati rice for another use.)**



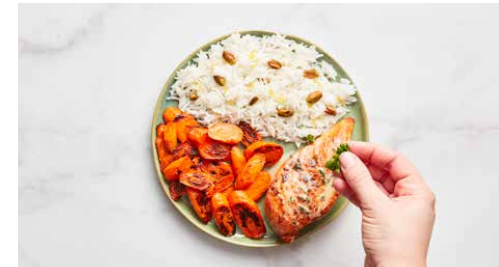
### 4 COOK CHICKEN

- While rice cooks, pat **chicken\*** dry with paper towels and season all over with **paprika, salt, and pepper.**
- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, lower the heat.**
- Turn off heat; transfer to a plate. Wipe out pan.



### 5 MAKE SAUCE

- Melt **1 TBSP butter** in same pan over medium heat. Add **chopped thyme**; cook until fragrant, 30 seconds.
- Stir in **stock concentrate** and **¼ cup water (½ cup for 4 servings).** Bring to a simmer, then immediately turn off heat.
- Stir in **sour cream** and a **squeeze of lemon juice.** Season with **pepper.**



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **lemon zest** and **pistachios.** Season with **salt and pepper.**
- Divide rice, **carrots,** and **chicken** between plates. Top chicken with **sauce** and sprinkle with **scallion greens.** Serve with **remaining lemon wedges** on the side.