



# TUSCAN POLENTA & BRUSSELS SPROUT BOWLS

plus Tomato, Carrots & Parmesan

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Brussels Sprouts



6 oz | 12 oz  
Carrots



1 | 2  
Tomato



1 Clove(s) | 2 Clove(s)  
Garlic



1 | 1  
Lemon



1 TBSP | 1 TBSP  
Tuscan Heat Spice



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



4 TBSP | 8 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Red Onion



1 | 2  
Veggie Stock  
Concentrate



1 | 2  
Precooked Polenta



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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## HelloCustom

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: 650



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 830



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
- Kosher Salt
- Black Pepper
- Olive Oil
- Cooking Oil
- Butter
- Contains: Milk

### MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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 1/2-inch-thick pieces. Halve, peel, and cut onion into 1/2-inch-thick wedges. Halve tomato; cut into 1/2-inch-thick wedges. Peel and mince or grate garlic. Zest and quarter lemon.



### 3 MAKE POLENTA

- Meanwhile, in a small pot, combine polenta and 1/3 cup water (2/3 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\* or salmon\* dry with paper towels; season with salt and pepper. Heat a drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add chicken or salmon; cook chicken until browned and cooked through, 3-5 minutes per side, or cook salmon (skin sides down) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. 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 with any remaining lemon wedges on the side.
- Slice chicken crosswise; serve chicken or salmon (skip slicing salmon!) atop polenta.

\*Poultry is fully cooked when internal temperature reaches 165°.  
 \*Fish is fully cooked when internal temperature reaches 145°.