



CREAMY DIJON DILL CHICKEN

with Roasted Potatoes & Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 | 2
Broccoli



¼ oz | ¼ oz
Dill



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Chicken Stock
Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



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*The ingredient you received may be a different color.



HelloCustom

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



10 oz | 20 oz
\$ Salmon
Contains: Fish
\$ Calories: 670



10 oz | 20 oz
\$ Steelhead Trout
Contains: Fish
\$ Calories: 700



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 510



HELLO

CREAMY DILL SAUCE

Drizzled on chicken for tangy richness and fresh, herby flavor

WORTH THE WHISK

Before you begin Step 5, whisk stock concentrate, water, dill, and mustard in a liquid measuring cup. Then you can add everything to the hot pan at once!

BUST OUT

- 2 Baking sheets
- Paper towels
- Kosher Salt
- Black Pepper
- Large pan
- Butter
Contains: Milk
- Cooking Oil

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 racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Cut **broccoli** into bite-size pieces if necessary. Pick and finely chop **fronds from dill.**



2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on top rack until lightly browned and tender, 20-25 minutes.



3 COOK CHICKEN

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

- 🔄 Swap in **salmon*** or **trout*** for chicken.
- 🔥 Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Cook salmon or trout (**skin sides down**) until skin is crisp, 5-7 minutes for salmon or 5-6 minutes for trout, then flip and cook until cooked through, 1-2 minutes more for salmon or 4-6 minutes more for trout. Transfer to a plate to rest.



4 ROAST BROCCOLI

- While chicken cooks, toss **broccoli** on a second baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on middle rack until tender, 12-15 minutes.



5 MAKE SAUCE

- Heat pan used for chicken over medium heat. Stir in **stock concentrate**, **2 TBSP water** (**4 TBSP for 4 servings**), and as much **chopped dill** and **mustard** as you like.
- Remove pan from heat; stir in **sour cream** and **1 TBSP butter** (**2 TBSP for 4**), scraping up any browned bits from bottom of pan. Season with **salt** and **pepper**. **TIP: If sauce seems too thick, add more water 1 tsp at a time until it reaches a drizzling consistency.**



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide chicken, **potatoes**, and **broccoli** between plates and drizzle with **sauce**. Garnish with any **remaining chopped dill** if desired and serve.

- 🔄 Skip slicing **salmon** or **trout**.
- 🔥

- 🔄 Use pan used for salmon or trout here.
- 🔥

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

🔄 *Fish is fully cooked when internal temperature reaches 145°.