



BALSAMIC ONION CHICKEN

with Mashed Potatoes and Garlicky Kale



HELLO

BALSAMIC ONION JAM

Featuring slivers of onion cooked with vinegar and chopped tomato, it's a tangy-sweet treat.

PREP: 15 MIN | **TOTAL: 35 MIN** | **CALORIES: 700**



START STRONG

The kale can be made on the stove in step 5: Heat a drizzle of olive oil in your large pan, then add the kale and water. Cook over medium-high heat 4-6 minutes. Add the garlic and cook 1 minute more.

BUST OUT

- Medium pot
- Paper towel
- Strainer
- Large pan
- Potato masher
- Large bowl
- Medium pan
- Plastic wrap
- Olive oil (4 tsp | 8 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 | 2
- Roma Tomato 1 | 2
- Kale 4 oz | 8 oz
- Garlic 2 Cloves | 4 Cloves
- Yukon Gold Potatoes 12 oz | 24 oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Sour Cream 4 TBSP | 8 TBSP
- Balsamic Vinegar 5 tsp | 10 tsp
- Chicken Breasts 12 oz | 24 oz

WINE CLUB

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1 PREP

Wash and dry all produce. Halve, peel, and thinly slice onion. Core and finely chop tomato. Remove and discard tough stems and ribs from kale; roughly chop leaves. Chop garlic. Cut potatoes into 1-inch cubes and place in a medium pot with enough water to cover by 2 inches.



4 COOK CHICKEN

While onion cooks, pat chicken dry with a paper towel. Season all over with plenty of salt and pepper. Heat a large drizzle of olive oil in a large pan over medium-high heat. Add chicken and cook until no longer pink in center, 6-8 minutes per side. Transfer to pan with onion jam. Keep covered off heat until ready to serve.

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2 MASH POTATOES

Bring potatoes to a boil. Cook until tender, about 15 minutes. Reserve ½ cup cooking water, then drain and return to pot. Mash to desired consistency. Stir in Parmesan, sour cream, and 1 TBSP butter. (TIP: If needed, add cooking water 1-2 TBSP at a time to create a creamy consistency.) Season with salt and pepper. Cover pot and set aside.



5 COOK KALE

Place kale and 1 TBSP tap water in a large microwave-safe bowl. Cover bowl with plastic wrap. Microwave on high until tender, about 3 minutes. Carefully remove wrap. Heat a drizzle of olive oil in large pan used for chicken over medium-high heat. Add garlic and cook until fragrant, about 30 seconds. Toss in kale and any liquid in bowl. Cook until liquid evaporates, 1-2 minutes.



3 MAKE ONION JAM

Meanwhile, heat another 1 TBSP butter and a drizzle of olive oil in a medium pan over medium heat (we used nonstick). Add onion, ½ tsp sugar, and a pinch of salt and pepper. Cook, tossing occasionally, until softened, about 10 minutes. Increase heat to medium high. Stir in tomato, vinegar, and ⅓ cup tap water. Cook until jammy, 3-5 minutes. Season with salt and pepper; set aside.



6 FINISH AND SERVE

Season kale with salt and pepper. Divide mashed potatoes, kale, and chicken between plates. Spoon onion jam over chicken and serve.

JAMMIN'!

The balsamic onion jam is also nice on burgers and sandwiches.

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