



CHICKEN BREASTS IN A SHALLOT DEMI-GLACE SAUCE with Bacon Mac 'n' Cheese and Roasted Broccoli



HELLO

BACON MAC 'N' CHEESE

A pasta classic is taken to new heights with the addition of smoky, salty bacon.

PREP: 5 MIN

TOTAL: 45 MIN

CALORIES: 1010



Bacon

Cavatappi Pasta
(Contains: Wheat)

Chicken Breasts

Flour
(Contains: Wheat)Cream Cheese
(Contains: Milk)

Shallots



Broccoli Florets

Chicken
Demi-Glace
(Contains: Milk)Milk
(Contains: Milk)Monterey
Jack Cheese
(Contains: Milk)

START STRONG

This recipe's sauce has shallots, which are related to onions. Although adults will enjoy their taste and texture, you may want to leave the sauce to the side for picky eaters.

BUST OUT

- Large pot
- Small bowl
- Large pan
- Strainer
- Paper towels
- Baking sheet
- Sugar (1 tsp)
- Whisk
- Vegetable oil (2 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

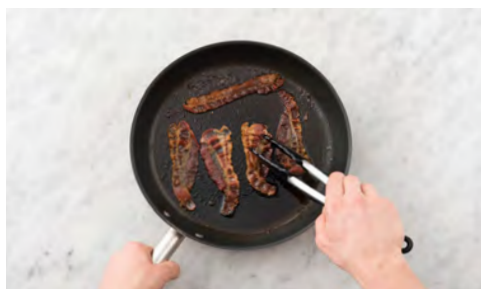
Ingredient 4-person

- Bacon 8 oz
- Shallots 2
- Cavatappi Pasta 12 oz
- Broccoli Florets 16 oz
- Chicken Breasts 24 oz
- Chicken Demi-Glace 2
- Flour 1 TBSP
- Milk 6.75 oz
- Monterey Jack Cheese 1 Cup
- Cream Cheese 2 TBSP

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT OVEN AND COOK BACON

Adjust rack to upper position; preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. Heat a large pan over medium-high heat, then add **bacon**. Cook until crisp, 12-15 minutes, flipping occasionally. (**TIP:** Lower heat if it chars.) Transfer to a paper-towel-lined plate.



4 COOK CHICKEN

Heat **1 tsp bacon fat** in same pan over medium-high heat. Add **chicken**. Cook until no longer pink, 4-5 minutes per side. Transfer to a plate. Add a drizzle of **oil** and **shallots** to same pan over medium-high heat. Cook until softened, 2-3 minutes. Stir in **demi-glace**, **½ cup water**, and **1 tsp sugar**. Bring to a boil, then adjust heat to low. Cook, stirring, until thickened, 1-2 minutes. (**TIP:** Add a splash of water if very thick.) Remove from heat. Stir in **2 TBSP butter**.



2 PREP AND COOK PASTA

Pour **bacon fat** into a small bowl. Wipe out pan. Roughly chop **bacon** when cool enough to handle. Halve, peel, and thinly slice **shallots**. Once water boils, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 10-12 minutes. Carefully reserve **1 cup cooking water**, then drain.



5 MAKE MAC 'N' CHEESE

Heat **1 TBSP bacon fat** in pot used for pasta over medium heat. Add **flour** and cook, stirring constantly, for 30 seconds. Slowly whisk in **milk**. Stir in a pinch of **salt**. Bring to a simmer and let thicken slightly, 1-2 minutes. Remove from heat and add **Monterey Jack** and **cream cheeses**, stirring until well combined. Stir **cavatappi** and **¾ of the bacon** into sauce in pot. Add a splash of reserved cooking water if very thick. Season with plenty of salt and **pepper**.



3 ROAST BROCCOLI AND FINISH PREP

Wash and dry broccoli. Toss broccoli on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and edges are a little crisp, about 20 minutes. Meanwhile, pat **chicken** dry with a paper towel and season all over with salt and pepper.



6 FINISH AND SERVE

Divide **chicken**, **broccoli**, and **mac 'n' cheese** between plates. Spoon **pan sauce** over chicken. Sprinkle remaining **bacon** over mac 'n' cheese.

FRESH TALK

Would you want to be a kid forever if you could?

WK 45 NJ-16_FAM