



CREAMY CARAMELIZED ONION CHICKEN

with Apple, Walnut & Carrot Ribbon Salad

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Apple



1 | 2
Yellow Onion



¼ oz | ¼ oz
Parsley



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



2 oz | 4 oz
Mixed Greens



5 tsp | 5 tsp
White Wine
Vinegar



1 tsp | 1 tsp
Dried Thyme



10 oz | 20 oz
Chicken Cutlets**



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1.5 oz | 3 oz
Honey Dijon
Dressing
Contains: Eggs

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

CARAMELIZED ONION

Thinly sliced onion gets deeply browned and softened until it's sweet and silky



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



MAIN SQUEEZE

Got a lemon handy? Squeeze it directly over your diced apple in step 1. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.

BUST OUT

- Peeler
- Large bowl
- Large pan
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Wash and dry produce.
- Trim and peel **carrot**. Using a peeler, shave carrot lengthwise into ribbons, rotating as you go, until you get to the core. Discard core. Halve, core, and dice **apple** into ½-inch pieces. Halve, peel, and thinly slice **onion**. Finely chop **parsley**. Roughly chop **walnuts**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in pan used for onion over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Remove from pan and set aside. Cover to keep warm.



2 MAKE SALAD

- In a large bowl, toss **mixed greens** with **carrot ribbons** and **apple**. Set aside.



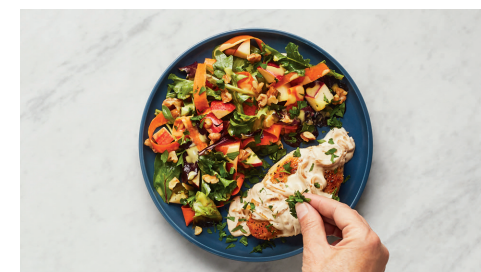
5 MAKE SAUCE

- Return **caramelized onion** to pan. Stir in **stock concentrate**, **½ tsp vinegar** (1 tsp for 4 servings), and **¼ cup water** (½ cup for 4). Cook, stirring, until combined and thickened, 2-3 minutes.
- Remove pan from heat. Stir in **crème fraîche**, **cream cheese**, **half the parsley**, and **1 TBSP butter** (2 TBSP for 4) until combined. **TIP: If sauce seems too thick, stir in water 1 TBSP at a time.**



3 CARAMELIZE ONION

- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **onion** and cook, stirring occasionally, until browned and softened, 8-10 minutes.
- Add **2 tsp vinegar**, **¼ tsp thyme** (we sent more), **1 tsp sugar**, and a **splash of water** (for 4 servings, use **4 tsp vinegar**, **½ tsp thyme**, and **2 tsp sugar**). Cook, stirring occasionally, until caramelized and jammy, 2-3 minutes. **(TIP: If pan seems dry, stir in more splashes of water.)** Season with **salt** and **pepper**.
- Turn off heat; transfer to a small bowl. Wipe out pan.



6 FINISH & SERVE

- Drizzle **honey Dijon dressing** over **salad**; toss to coat.
- Divide **chicken** and salad between plates. Pour **sauce** over chicken. Top salad with **walnuts**. Garnish everything with **remaining parsley** and serve.

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