



INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes*



8 oz | 16 oz
Broccoli Florets



¼ oz | ¼ oz
Dill



10 oz | 20 oz
Chicken Cutlets



1 | 2
Chicken Stock
Concentrate



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 650

CREAMY DILL CHICKEN

with Roasted Potatoes & Broccoli



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 490



HELLO

CREAMY DILL SAUCE

Drizzled over everything for a dose of tangy richness and fresh, herby flavor

WORTH THE WHISK

Before heating the pan again in step 5, whisk together the stock concentrate, water, dill, and mustard directly in a liquid measuring cup. This'll save you the trouble of opening packets and measuring when you already have a hot pan on the stove.

BUST OUT

- 2 Baking sheets
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

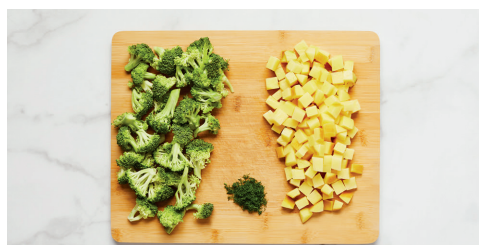
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*Chicken is fully cooked when internal temperature reaches 165°.

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



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 florets** into bite-size pieces if necessary. Pick and finely chop **fronds from dill.**



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.



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.



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.**

🔄 Use pan used for salmon here.



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*** for chicken. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add salmon to pan, skin sides down. Cook until skin is crispy, 5-6 minutes. Flip and cook until opaque and cooked through, 2-3 minutes more.



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.

WK 16-17