



# OLD BAY BUTTERED-UP CHICKEN

with Garlic Mashed Potatoes & Roasted Veggies

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Yukon Gold Potatoes\*



1 Clove | 2 Cloves  
Garlic



6 oz | 12 oz  
Carrots



2 | 2  
Scallions



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



6 oz | 12 oz  
Green Beans



1 | 1  
Old Bay Seasoning



1 tsp | 1 tsp  
Hot Sauce



10 oz | 20 oz  
Chicken Cutlets



1 | 2  
Chicken Stock Concentrate

\*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.



8 oz | 16 oz  
Broccoli Florets

Calories: 570



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 680



HELLO

### OLD BAY BUTTER

Zesty spices and hot sauce are blended into butter for an epic chicken topper.

### BOOM! ROASTED

Why do we ask you to cut the carrots into “green-bean-size pieces” in step 1? This way, the veggies will cook evenly and at the same pace when roasted.

### BUST OUT

- Small bowl
- Peeler
- Medium pot
- Strainer
- Potato masher
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (4 TBSP | 7 TBSP)  
Contains: Milk

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



### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Place **2 TBSP butter (4 TBSP for 4 servings)** in a small microwave-safe bowl; bring to room temperature.
- Dice **potatoes** into ½-inch pieces. Peel **garlic**. Trim, peel, and halve **carrots** lengthwise; slice into green-bean-size pieces. Trim and thinly slice **scallions**, separating whites from greens.

↻ Cut **broccoli** into bite-size pieces if necessary. Peel and mince **garlic**. (Save potatoes for another use.)



### 4 COOK CHICKEN

- Pat **chicken\*** dry with paper towels and season with **1 tsp Old Bay Seasoning (2 tsp for 4 servings)**.
- 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 to a plate. Wipe out pan.



### 2 MAKE MASHED POTATOES

- Place **potatoes** and **garlic** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until potatoes are tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot.
- Mash potatoes with **sour cream** and **1 TBSP plain butter (2 TBSP for 4 servings)** until smooth, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper**. Keep covered off heat until ready to serve.

↻ Swap in **broccoli** for potatoes and garlic; cook 2-4 minutes. (No need to reserve cooking liquid.) Drain, then return broccoli to pot. Toss with **1 TBSP plain butter (2 TBSP for 4 servings)** and minced **garlic**. Season with **salt** and **pepper**. Keep covered off heat until ready to serve. (Save sour cream for another use.)



### 5 MAKE PAN SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **scallion whites**; cook, stirring, until softened, 1 minute.
- Stir in **stock concentrate** and **¼ cup water (½ cup for 4 servings)**. Simmer until thickened, 1-2 minutes.
- Turn off heat and stir in **1 TBSP plain butter** until melted.



### 3 ROAST VEGGIES & MIX BUTTER

- While potatoes cook, trim **green beans** if necessary. Toss **carrots** and green beans on a baking sheet with a **large drizzle of oil, salt, and pepper**.
- Roast on top rack until veggies are tender, 15-20 minutes.
- Meanwhile, to bowl with **softened butter**, add **½ tsp Old Bay Seasoning (1 tsp for 4 servings)** (you'll use more in the next step) and **hot sauce** to taste; mix to combine. **TIP: If butter is not yet softened, microwave for 10 seconds.**



### 6 FINISH & SERVE

- If necessary, reheat **mashed potatoes** with a **splash of potato cooking liquid** over low heat for 1-2 minutes.
- Divide mashed potatoes, **chicken**, and **veggies** between plates. Top chicken with **pan sauce**, then dollop with **Old Bay butter**. Garnish with **scallion greens** and serve. **TIP: Top potatoes with some of the sauce or Old Bay butter if you like!**

WK 13-5