



THYME GRAVY CHICKEN

with Roasted Carrots and Cacio e Pepe Potatoes



HELLO
CACIO E PEPE
Italian for “cheese and pepper,” it uses Parmesan to give mashed potatoes some major charm.

PREP: 15 MIN | **TOTAL: 45 MIN** | **CALORIES: 620**



Carrots



Parsley



Chicken Breasts



Milk
(Contains: Milk)



Parmesan Cheese
(Contains: Milk)



Garlic



Russet Potatoes



Thyme



Chicken Demi-Glace
(Contains: Milk)

START STRONG

Dashing to get dinner done? Skip peeling the carrots. Just be sure to give them a good, tough scrub before using.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Olive oil (1 TBSP)
- Butter (4 TBSP)
(Contains: Milk)
- Large pan
- Potato masher

INGREDIENTS

Ingredient 4-person

- Carrots 4
- Garlic 3 Cloves
- Parsley ½ oz
- Russet Potatoes 2
- Chicken Breasts 24 oz
- Thyme ¼ oz
- Chicken Demi-Glace 1
- Milk ½ Cup
- Parmesan Cheese ½ Cup

HELLO WINE



PAIR WITH
Lustra Central Coast
Chardonnay, 2015

HelloFresh.com/Wine



1 ROAST CARROTS

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Peel **carrots**, then cut on a diagonal into ½-inch-thick slices. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender, about 25 minutes, flipping halfway through.



4 BASTE CHICKEN

Add **2 TBSP butter**, **smashed garlic**, and **thyme sprigs** to pan with **chicken**. Once butter melts, tilt pan toward you and spoon butter over chicken continuously for 30 seconds. Stir in **demi-glace** and **½ cup water**, then increase heat to high. Let bubble until thick and saucy, 2-3 minutes, spooning liquid over chicken occasionally. Remove chicken from pan and set aside to rest.



2 PREP

Meanwhile, mince **2 cloves garlic**; smash another clove with the back of your knife (save last clove for another use). Pick **parsley** leaves from stems and roughly chop. Peel **potatoes** and cut into ¾-inch cubes. Place potatoes in a medium pot with a pinch of **salt** and enough **water** to cover by 1 inch.



5 MASH POTATOES

Add **2 TBSP butter** and **minced garlic** to pot used for potatoes and place over low heat. Once butter melts and garlic is fragrant, about 90 seconds later, return **potatoes** to pot and pour in **½ cup milk** (we sent more). Mash with a potato masher or fork until smooth. Stir in **Parmesan**. Season with **salt** and **pepper**. **TIP:** Add more milk as needed to give potatoes a creamy consistency.



3 COOK POTATOES AND CHICKEN

Bring pot with **potatoes** to a boil, then lower heat and let simmer until easily pierced by a knife, 10-12 minutes. Drain. Heat a large drizzle of **olive oil** in a large pan over medium heat. Season **chicken** all over with **salt** and **pepper**. Add to pan and cook until browned and almost cooked through, 4-5 minutes per side.



6 PLATE AND SERVE

Divide **potatoes** and **carrots** between plates, then arrange **chicken** on top of potatoes. Discard **thyme sprigs** and **smashed garlic** from pan, then drizzle chicken with **sauce** remaining in pan. Garnish with **parsley**. **TIP:** Stir a splash of water into sauce, if needed, to give it a drizzly consistency.

FRESH TALK

Describe your favorite place in the world.

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com

WK2 NJ-15