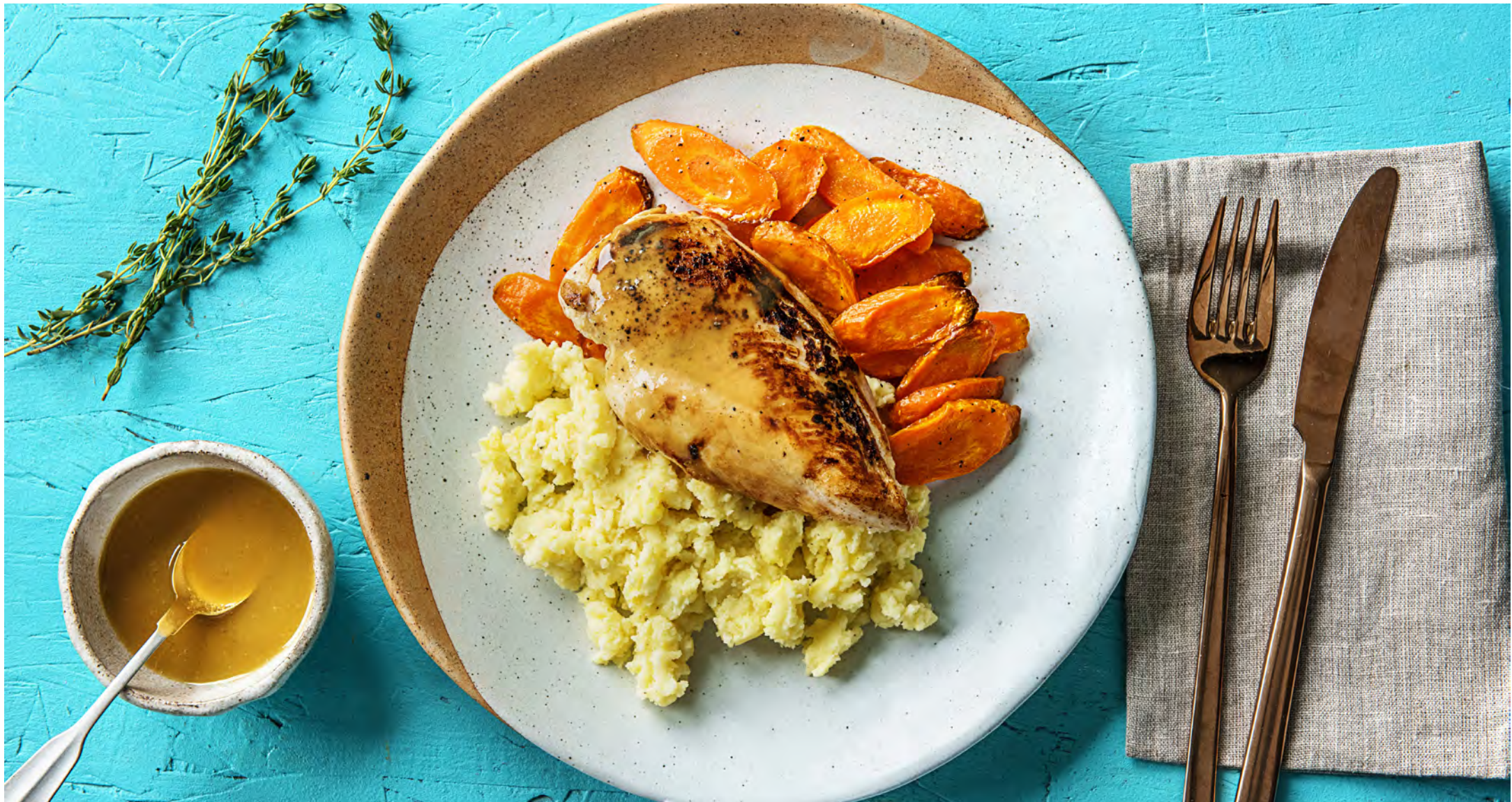




# THYME GRAVY CHICKEN

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: 10 MIN | TOTAL: 35 MIN | CALORIES: 660



Carrots



Russet Potatoes



Thyme



Parmesan Cheese  
(Contains: Milk)



Garlic



Chicken  
Breasts



Chicken Demi-Glace  
(Contains: Milk)



Milk  
(Contains: Milk)



## START STRONG

If you're short on time, skip peeling the carrots (remember, every moment counts during the hustle and bustle of the season). Just be sure to give them a good, tough scrub before using.

## BUST OUT

- Peeler
- Large pan
- Baking sheet
- Potato masher
- Medium pot
- Strainer
- Olive oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 2 | 4
- Garlic 2 Cloves | 4 Cloves
- Russet Potatoes 12 oz | 24 oz
- Chicken Breasts 12 oz | 24 oz
- Thyme ¼ oz | ½ oz
- Chicken Demi-Glace 1 | 2
- Milk ½ Cup | ¾ Cup
- Parmesan Cheese ¼ Cup | ½ Cup

## HELLO WINE



### PAIR WITH

Pique-Nique Pays d'Oc  
Chardonnay, 2016

[HelloFresh.com/Wine](https://www.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 **1 TBSP butter**, **smashed garlic**, and **thyme** sprigs to pan. 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 every now and then. Remove chicken from pan and set aside to rest.



## 2 PREP AND BOIL POTATOES

Mince **1 clove garlic**. Smash other clove with the back of your knife. 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. Bring to a boil, then lower heat slightly and let simmer until easily pierced by a knife, 10-12 minutes. Drain.



## 5 MASH POTATOES

Add **1 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 potato masher or fork until smooth. Stir in **Parmesan**. Season with **salt** and **pepper**.



## 3 COOK CHICKEN

Heat a 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 on surface and just shy of being 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 remaining **sauce** in pan. **TIP:** Stir a splash of water into sauce, if needed, to give it a drizzly consistency.

## TRIFECTA!

Balanced, beautiful, and delicious.  
What more could you ask for?

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