



## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



8 oz | 16 oz  
Broccoli Florets



1 | 2  
Roma Tomato



1 Clove | 2 Cloves  
Garlic



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 1 TBSP  
Tuscan Heat  
Spice



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Mushroom Stock  
Concentrate



¼ Cup | ½ Cup  
Monterey Jack  
Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

### TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also  
packs a peppery punch.

## TUSCAN-SPICED CHICKEN & CHEESY BROCCOLI

with Garlic-Tomato Pan Sauce & Roasted Carrots



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 530





## DRY, DRY AGAIN

Why do we always ask you to pat your meat dry with paper towels?

Blotting out as much moisture as possible allows the seasonings to really stick, and ensures even browning once the chicken hits the hot pan for deliciously crispy, caramelized edges.

## BUST OUT

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

## GET SOCIAL

Share your #HelloFreshPics  
with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)

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



### 1 PREP

- Adjust rack to top position (**top and middle for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Cut **broccoli florets** into bite-size pieces if necessary. Peel and mince or grate **garlic**. Dice **tomato** into ¼-inch pieces.



### 4 COOK CHICKEN

- Meanwhile, pat **chicken\*** dry with paper towels and season all over with ½ **tsp Tuscan Heat Spice** (1 tsp for 4 servings), **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. (TIP: if **chicken starts to brown too quickly, reduce heat to medium and add a splash or two of water.**)
- Turn off heat; transfer to a cutting board to rest. Wipe out pan.



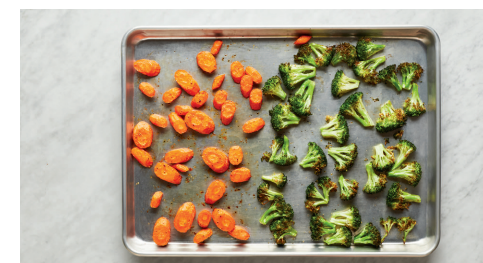
### 2 ROAST CARROTS

- Toss **carrots** on one side of a baking sheet with a **drizzle of olive oil, salt**, and **pepper**. Roast on top rack for 5 minutes (**you'll add the broccoli then**).



### 5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **garlic** and **tomato**. Cook, stirring, until fragrant and softened, 30-60 seconds.
- Stir in **cream cheese, stock concentrate, half the Monterey Jack, ½ cup water** (1 cup for 4 servings), and a **pinch of Tuscan Heat Spice** (**we used ¼ tsp; about ⅓ tsp for 4**) until melted and combined. Cook, stirring occasionally, until sauce has thickened, 1-3 minutes.
- Remove pan from heat and stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt** and **pepper**.



### 3 ROAST BROCCOLI

- Once **carrots** have roasted 5 minutes, remove baking sheet from oven. Carefully toss **broccoli** on empty side with a **large drizzle of olive oil, salt**, and **pepper**. (For 4, toss broccoli on a second baking sheet; roast broccoli on top rack and carrots on middle rack.)
- Return sheet to top rack and roast until veggies are browned and tender, 15-20 minutes.



### 6 FINISH & SERVE

- When veggies are almost done, remove sheet from oven. Carefully push **broccoli** into two bunches on sheet and sprinkle with **remaining Monterey Jack** (for 4 servings, remove sheet with broccoli from oven and carefully push broccoli into four bunches). Return to top rack and roast until cheese melts, 2-3 minutes.
- Slice **chicken** crosswise.
- Divide chicken, **broccoli**, and **carrots** between plates. Spoon **sauce** over chicken and serve.

WK 25-29