



Cooking Made Easy

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## Skillet Chicken Paprikash



You won't go hungry in Hungary! This simple Hungarian tomato-based stew is packed with flavor. Paprika adds a subtle smokiness to sweet carrots and hearty potatoes.



30 min



level 1



gluten  
free



nut free



lactose  
free



Chicken Breasts



Carrot



Red Onion



Garlic



Paprika



Parsley



Yukon Potatoes



Stock Concentrate



Crushed Tomatoes

Ingredients	2 People	4 People
Chicken Breasts	2	4
Carrot	1	2
Red Onion	1	2
Garlic	2 cloves	4 cloves
Paprika	1 T	2 T
Stock Concentrate	1	2
Parsley	1 bunch	2 bunches
Yukon Potatoes	12 oz	24 oz
Crushed Tomatoes	1 can	2 cans
Olive Oil*	1 T + 1 t	2 T + 2 t

\*Not included

Allergens  
(None)

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 507 cal | Carbs: 50g | Fat: 13g | Protein: 46g | Fiber: 9g



**1** Peel and cut the **potatoes** into ½-inch cubes and place them in a pot of water with a large pinch of **salt**. Bring to a boil and cook for about 10 minutes, until just softened. Drain and set aside.



**2** Meanwhile, peel and halve the **carrot** lengthwise, then thinly slice into ¼-inch half moons. Mince or grate the **garlic**. Halve, peel, and thinly slice the **red onion**. Coarsely chop the **parsley**. Cut the **chicken** into 1-inch cubes.



**3** Heat 1 tablespoon of **oil** in a pan over medium-high heat. Season the **chicken** with **salt** and **pepper**. Sear for 4-5 minutes on each side, until golden brown but not fully cooked. Set aside.



**4** In the same pan you cooked the chicken in, heat 1 teaspoon oil over medium heat. Add the **onion** and **carrot** and season with **salt** and **pepper**. Cook, tossing occasionally, for about 5 minutes or until slightly softened. Add **garlic** and **paprika** and cook for 30 seconds, until fragrant.

**5** Add the **crushed tomatoes**, 1 cup **water**, and **stock concentrate**. Season with **salt** and **pepper** and bring to a boil. Reduce to a simmer and add the **chicken** and **potatoes**. Simmer for about 8 minutes, until potatoes are tender, sauce has thickened, and chicken is cooked through.

**6** Serve the **chicken stew** with a sprinkle of **chopped parsley** on top!

**Tip** Always prep your produce first and your meats last; this will prevent cross-contamination between ingredients on your cutting board!