



More than Food

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## Butter-Basted Chicken

with Cacio e Pepe Mashed Potatoes and Thyme-Roasted Carrots

Glazing chicken in a mixture of butter, chicken stock, garlic, and thyme is the ultimate way to ensure juicy, ultra-flavorful meat. Cacio e pepe, a traditional Italian pasta dish, was the inspiration behind these Parmesan and black pepper-spiked potatoes.



35 min



level 2



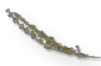
nut free



gluten free



Chicken Breasts



Thyme



Garlic



Russet Potatoes



2% Milk



Parmesan Cheese



Carrots



Chicken Stock Concentrate

## Ingredients

|                           | 2 People | 4 People |
|---------------------------|----------|----------|
| Chicken Breasts           | 12 oz    | 24 oz    |
| Thyme                     | ¼ oz     | ½ oz     |
| Garlic                    | 2 cloves | 4 cloves |
| Russet Potatoes           | 12 oz    | 24 oz    |
| 2% Milk                   | 1) ½ C   | 1 C      |
| Parmesan Cheese           | 1) ¼ C   | ½ C      |
| Carrots                   | 12 oz    | 24 oz    |
| Chicken Stock Concentrate | 2        | 4        |
| Butter*                   | 1) 2 T   | 4 T      |
| Olive Oil*                | 1 T      | 2 T      |

\*Not Included

## Allergens

1) Milk

## Tools

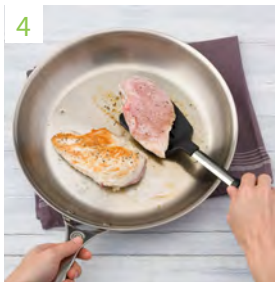
Baking Sheet, Peeler,  
Large Pan, Medium Pot,  
Strainer

**Nutrition per person** Calories: 647 cal | Carbs: 54 g | Fat: 25 g | Protein: 54 g | Fiber: 9 g | Sodium: 805 mg

Make sure to wash and dry produce before prepping or cooking!



**1 Roast the carrots:** Preheat the oven to 400 degrees. Peel and halve the **carrots** lengthwise, quartering any larger ones. Strip the leaves from **half the thyme sprigs** and roughly chop. Toss the **carrots** on a baking sheet with the **chopped thyme** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Place in the oven for 25-30 minutes, until soft and deeply caramelized.



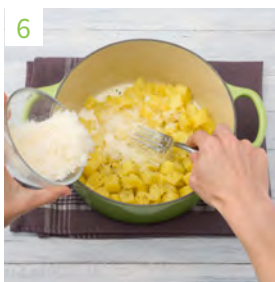
**2** Meanwhile, peel and dice the **potatoes** into ½-inch cubes. Place the potatoes in a medium pot with a pinch of **salt** and enough **water** to cover. Bring to a boil, then reduce to a simmer for 10-12 minutes, until easily pierced with a fork. Drain.

**3** While the **potatoes** cook, smash **1 garlic clove** with the flat of your knife. Mince or grate the **remaining garlic clove**.

**4** Heat a drizzle of **oil** in a large pan over medium heat. Season the **chicken** on all sides with **salt** and **pepper**. **Sear the chicken:** Add the **chicken** to the pan and sear for 5-6 minutes per side, until just cooked through and juices run clear when pierced with a knife.



**5 Glaze the chicken:** Add **1 Tablespoon butter**, the **smashed garlic**, and the **remaining thyme sprigs** to the pan. Once the butter melts, tilt the pan towards you and, using a spoon, repeatedly spoon the **garlic and thyme-infused butter** over the **chicken breasts** for about 30 seconds. Add the **chicken stock concentrates** and **½ cup water** to the pan and increase the heat to high. Stir to combine thoroughly, then let the liquid reduce until very thick. Spoon the **glaze** over the **chicken** and set aside to rest for a few minutes.



**6 Mash the potatoes:** In the same pot you cooked the **potatoes** in, heat **1 Tablespoon butter** and the **minced garlic** over low heat. Cook for 30 seconds, until fragrant and melted. Return the drained **potatoes** to the pot along with the **milk**. Mash with potato masher (or fork if you do not have one) until very smooth. Mash in the **Parmesan cheese** and season very generously with **salt** and freshly ground black **pepper**.

**7** Serve the **chicken** on a bed of **mashed potatoes** and **roasted carrots**. Drizzle any remaining **glaze** in the pan over the plate and garnish with a sprig of **thyme**. Enjoy!

**Tip:** If the glaze has become too thick, just add a splash of water and stir to loosen it up.

Ruler

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