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Chicken Paprikash with Creamy Polenta and Dill

Chicken Paprikash is a deeply flavored Eastern European classic that is shockingly simple to throw together. Paprika and onions build the flavor base while the chicken simmers directly in the sauce. Simple and flavorful!

– **Chef Ian Knauer**

45 min

level 2

nut free

gluten free



Chicken Drumsticks & Thighs



Yellow Onion



Garlic



Hot Smoked Paprika



Ground Coriander



Tomato Paste



Chicken Stock Concentrate



Sour Cream



Spinach



Polenta



Dill

Ingredients

	2 People	4 People
Chicken Drumsticks and Thighs	16 oz	32 oz
Yellow Onion	1	2
Garlic	2	4
Hot Smoked Paprika 	1 t	2 t
Ground Coriander	½ t	1 t
Tomato Paste	2 T	4 T
Chicken Stock Concentrate	1	2
Sour Cream 1)	4 oz	8 oz
Spinach	5 oz	10 oz
Polenta	½ c	1 c
Dill	¼ oz	½ oz
Olive Oil*	2 t	4 t

*Not Included

Allergens

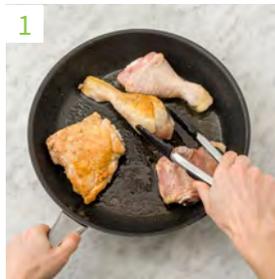
1) Milk

Tools

Large Tall-Sided Pan,
Small Pot

Nutrition per person Calories: 772 cal | Fat: 41g | Sat. Fat: 15g | Protein: 50g | Carbs: 48g | Sugar: 9g | Sodium: 578mg | Fiber: 6g

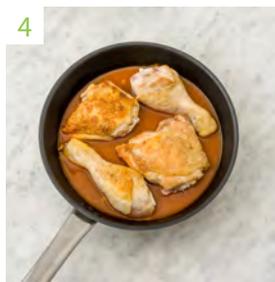
Make sure to wash and dry produce before prepping or cooking!



1 Season and cook the chicken: Pat the **chicken** dry with paper towels and season on all sides with **salt** and **pepper**. Heat a large drizzle of **oil** in a large tall-sided pan over medium-high heat. Once hot, add the chicken skin-side down, and cook about 8 minutes, turning to brown on all sides. Remove from the pan and set aside – we'll finish cooking it later!



2 Cook the onion and garlic: Meanwhile, halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Add the onion and garlic to the same pan over medium heat. Cook, tossing for 4-5 minutes, until softened. **TIP:** Add a splash of water to help scrape up all the brown bits in the pan.



3 Make the sauce: Stir the **paprika**, half the **coriander**, and **2 Tablespoons tomato paste** into the pan. Cook for about 1 minute, until fragrant. Season with **salt** and **pepper**. Add **1 cup water** and the **chicken stock concentrate** to the pan and stir to combine. Bring to a simmer over medium-low heat.



4 Finish the chicken: Return the **chicken** to the pan, cover, and simmer for about 15 minutes, until the chicken is cooked fully through. Once cooked through, remove the chicken and stir **half the sour cream** into the sauce. Add a few handfuls of **spinach** (use as much or as little as you like!) and toss for 1-2 minutes, until the spinach is wilted. Season generously with **salt** and **pepper**.

5 Make the polenta: In a small pot, bring **2 cups water** and a large pinch of **salt** to a boil. Once boiling, add the **polenta** and whisk constantly until thickened, for 1-2 minutes. Stir in the **remaining sour cream** and season with **salt** and **pepper**.

6 Plate: Chop the **dill**. Serve the **chicken** on a bed of **polenta**, then top with the **paprikash** sauce and a sprinkle of **dill**. Enjoy!

Ruler

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