



CHICKEN & CHEESY CAULIFLOWER-RICE BOWLS

with Roasted Carrots & Spicy Crema

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 4
Scallions



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



6 oz | 12 oz
Cauliflower Rice



1 TBSP | 2 TBSP
Fry Seasoning



10 oz | 20 oz
Chicken Cutlets



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



1 | 2
Chicken Stock
Concentrate



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HELLO

CAULIFLOWER RICE

We transform florets into a wholesome, quick-cooking swap for regular rice.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 520



SPACED OUT

The secret to crisp, golden roasted veggies? Cook them in a single layer and give them some room so they brown (instead of steam).

BUST OUT

- Peeler
 - Plastic wrap
 - Small bowl
 - Mallet
 - Baking sheet
 - Large pan
 - Paper towels
-
- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

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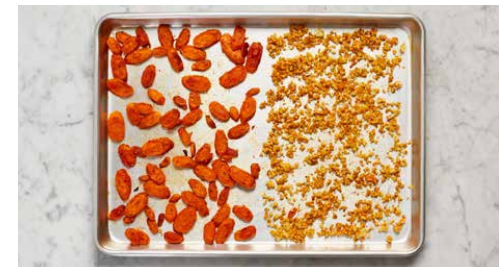
1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.



2 MAKE SPICY CREMA

- In a small bowl, combine **half the sour cream** and as much **hot sauce** as you like. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



3 ROAST CARROTS & CAULI RICE

- Toss **carrots** on one side of baking sheet with a **drizzle of oil**, **half the Fry Seasoning**, **salt**, and **pepper**. (**For 4 servings, spread carrots across entire sheet**). Roast on top rack for 5 minutes.
- Once carrots have roasted 5 minutes, remove baking sheet from oven. Carefully toss **cauliflower rice** on empty side of sheet with a **drizzle of oil**, remaining Fry Seasoning, **salt**, and **pepper**. Roast until veggies are browned and tender, about 10 minutes more. (**TIP: If cauliflower rice is done before carrots, transfer to a plate and continue roasting carrots up to 5 minutes more.**) (**For 4 servings, leave carrots roasting; toss cauliflower rice on a separate baking sheet and roast on middle rack.**)



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan. **TIP: Tent chicken with foil to keep warm.**



5 FINISH CAULI RICE

- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **scallion whites**; cook, stirring occasionally, until fragrant and tender, 1-2 minutes.
- Stir in **roasted cauliflower rice**, **Monterey Jack**, **stock concentrate**, **remaining sour cream**, and **1 TBSP butter** (**2 TBSP for 4 servings**) until melted. Remove from heat. **TIP: If mixture seems too thick, stir in water 1 TBSP at a time until desired consistency is reached.**



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **cheesy cauliflower rice** between shallow bowls; top with chicken and **carrots** in separate sections. Drizzle everything with **spicy crema** and garnish with **scallion greens**. Serve.

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