



# BALSAMIC ONION CHICKEN

with Mashed Potatoes and Garlicky Kale



## HELLO

### BALSAMIC ONION JAM

Featuring slivers of onion cooked with vinegar and chopped tomato, it's a tangy-sweet treat.

**PREP: 15 MIN** | **TOTAL: 35 MIN** | **CALORIES: 700**



## START STRONG

The kale can be made on the stove in step 5: Heat a drizzle of olive oil in your large pan, then add the kale and water. Cook over medium-high heat 4-6 minutes. Add the garlic and cook 1 minute more.

## BUST OUT

- Medium pot
- Paper towel
- Strainer
- Large pan
- Potato masher
- Large bowl
- Medium pan
- Plastic wrap
- Olive oil (4 tsp | 8 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 | 2
- Roma Tomato 1 | 2
- Kale 4 oz | 8 oz
- Garlic 2 Cloves | 4 Cloves
- Yukon Gold Potatoes 12 oz | 24 oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Sour Cream 4 TBSP | 8 TBSP
- Balsamic Vinegar 5 tsp | 10 tsp
- Chicken Breasts 12 oz | 24 oz

## WINE CLUB

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## 1 PREP

Wash and dry all produce. Halve, peel, and thinly slice **onion**. Core and finely chop **tomato**. Remove and discard tough stems and ribs from **kale**; roughly chop leaves. Chop **garlic**. Cut **potatoes** into 1-inch cubes and place in a medium pot with enough **water** to cover by 2 inches.



## 4 COOK CHICKEN

While onion cooks, pat **chicken** dry with a paper towel. Season all over with plenty of **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until no longer pink in center, 6-8 minutes per side. Transfer to pan with **onion jam**. Keep covered off heat until ready to serve.

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## 2 MASH POTATOES

Bring **potatoes** to a boil. Cook until tender, about 15 minutes. Reserve ½ **cup cooking water**, then drain and return to pot. Mash to desired consistency. Stir in **Parmesan**, **sour cream**, and **1 TBSP butter**. (TIP: If needed, add cooking water 1-2 TBSP at a time to create a creamy consistency.) Season with **salt** and **pepper**. Cover pot and set aside.



## 5 COOK KALE

Place **kale** and **1 TBSP tap water** in a large microwave-safe bowl. Cover bowl with plastic wrap. Microwave on high until tender, about 3 minutes. Carefully remove wrap. Heat a drizzle of **olive oil** in large pan used for chicken over medium-high heat. Add **garlic** and cook until fragrant, about 30 seconds. Toss in kale and any liquid in bowl. Cook until liquid evaporates, 1-2 minutes.



## 3 MAKE ONION JAM

Meanwhile, heat another **1 TBSP butter** and a drizzle of **olive oil** in a medium pan over medium heat (we used nonstick). Add **onion**, ½ **tsp sugar**, and a pinch of **salt** and **pepper**. Cook, tossing occasionally, until softened, about 10 minutes. Increase heat to medium high. Stir in **tomato**, **vinegar**, and ⅓ **cup tap water**. Cook until jammy, 3-5 minutes. Season with salt and pepper; set aside.



## 6 FINISH AND SERVE

Season **kale** with **salt** and **pepper**. Divide **mashed potatoes**, kale, and **chicken** between plates. Spoon **onion jam** over chicken and serve.

## JAMMIN'!

The balsamic onion jam is also nice on burgers and sandwiches.

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