



Carb Smart Cheesy Smothered Chicken

with Mushroom Sauce and Mashed Potatoes

Carb Smart

30 Minutes



Chicken Thighs



Carrot



Mushrooms



Chicken Broth Concentrate



Yellow Potato



Cheddar Cheese, shredded



Sour Cream



Cream Sauce Spice Blend

HELLO BUTTON MUSHROOMS

These fabulous fungi have a mild, earthy flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, strainer, aluminum foil, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Carrot	170 g	340 g
Mushrooms	113 g	227 g
Chicken Broth Concentrate	1	2
Yellow Potato	300 g	600 g
Cheddar Cheese, shredded	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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hello@hellofresh.ca

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Prep

- Peel, then cut **carrot** into ¼-inch coins.
- Thinly slice **mushrooms**.
- Quarter **potatoes**.



Roast carrots

- Add **carrots** and ½ **tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender-crisp, 16-20 min.



Cook potatoes

- Meanwhile, add **potatoes**, 2 **tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.
- Roughly mash **sour cream** and 1 **tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.



Pan-fry chicken

- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until **chicken** is cooked through, 4-5 min per side.**
- Transfer **chicken** to a plate, then cover with foil to keep warm.



Cook mushroom sauce

- Heat the same pan over medium.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring often, until **mushrooms** soften, 2-4 min.
- Sprinkle **Cream Sauce Spice Blend** over **mushrooms**. Cook, stirring often, until coated, 1 min.
- Stir in **broth concentrate** and ¾ **cup water** (dbl for 4 ppl). Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Stir in 1 **tbsp butter** (dbl for 4 ppl).



Finish and serve

- Add **chicken** back to the pan. Spoon **mushroom sauce** over **chicken**, then sprinkle **cheese** over top. Cover and cook until **cheese** melts, 1-2 min.
- Divide **chicken**, **carrots** and **mashed potatoes** between plates.
- Spoon **remaining mushroom sauce** in the pan over **chicken** and **mashed potatoes**.

Dinner Solved!