



CHICKEN RUSTICA OVER WHITE BEANS & KALE

with Onion Pan Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 Clove | 2 Cloves
Garlic



4 oz | 8 oz
Kale



1 | 2
Roma Tomato



13.4 oz | 26.8 oz
Cannellini Beans



1 | 1
Lemon



10 oz | 20 oz
Chicken Cutlets



1 | 2
Tuscan Heat
Spice



2 | 4
Chicken Stock
Concentrates

HELLO

CANNELLINI BEANS

Also known as white beans, these creamy legumes—along with kale and tomato—make a hearty base for chicken.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 580



DRY, DRY AGAIN

Why do we always ask you to pat your meat dry with paper towels?

Blotting out as much moisture as possible allows the seasonings to really stick and ensures even browning once the chicken hits the hot pan for deliciously crispy, caramelized edges.

BUST OUT

- Strainer
- Zester
- Paper towels
- Large pan
- Medium pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)



1 PREP

- Wash and dry all produce.
- Peel and mince or grate **garlic**. Halve, peel, and cut **onion** into a small dice. Remove and discard any large stems from **kale**; chop into bite-size pieces. Dice **tomato**. Drain and rinse **beans**. Zest and quarter **lemon**.



4 COOK BEANS

- Stir **beans**, **juice from 2 lemon wedges**, **1 tsp sugar**, and **lemon zest** to taste into pan with **veggies**. (For 4 servings, use juice from whole lemon and 2 tsp sugar.) Cook until beans are warmed through, 1 minute.
- Remove pan from heat.



2 SEAR CHICKEN

- Pat **chicken*** dry with paper towels. Season with **1 tsp Tuscan Heat Spice (2 tsp for 4 servings)**, **salt**, and **pepper**. (You'll use the remaining Tuscan Heat Spice in the next step.)
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned, 1-2 minutes per side (it'll finish cooking in the next step).
- Transfer to a plate.



5 MAKE PAN SAUCE

- Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pan over medium-high heat. Add **remaining onion** and cook, stirring occasionally, until softened, 2-3 minutes.
- Stir in **remaining stock concentrates** and **¼ cup water**. Cook until sauce has thickened slightly, 2-3 minutes. Season with **salt** and **pepper** to taste.



3 COOK VEGGIES & CHICKEN

- Heat a **drizzle of oil** in pan used for chicken over medium heat. Add **garlic** and **¾ of the onion**; cook, stirring occasionally, until onion is softened, 3-4 minutes.
- Add **kale**, **tomato**, **half the stock concentrates** (you'll use the rest later), and **½ cup water (1 cup for 4 servings)**. Season with **remaining Tuscan Heat Spice**, **salt**, and **pepper**. Bring to a simmer and cook, stirring occasionally, until kale is tender, 2-3 minutes.
- Return **chicken** to pan with **veggies** and cover. Cook until chicken is cooked through, 4-6 minutes more.
- Transfer chicken to a cutting board.



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **bean and veggie mixture** between bowls. Top with sliced chicken. Spoon **pan sauce** over chicken. Serve with any **remaining lemon wedges** on the side.

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