



# Garlicky Smashed Chicken

## with Pan Gravy and Veggie Medley

Family Friendly

Quick

25 Minutes



Chicken Breasts



Garlic, cloves



Rosemary



Russet Potato



Sweet Bell Pepper



Cream



Chicken Broth Concentrate



All-Purpose Flour



Baby Tomatoes



Shallot



Montreal Steak Spice

HELLO ROSEMARY

*This woody herb packs a fragrant and savoury punch!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, plastic wrap, potato masher, rolling pin, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Garlic, cloves	2	4
Rosemary	1 sprig	1 sprig
Russet Potato	460 g	920 g
Sweet Bell Pepper	160 g	320 g
Cream	56 ml	113 ml
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Shallot	50 g	100 g
Montreal Steak Spice	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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## Cook potatoes and prep

Peel, then cut **potatoes** into 1-inch pieces. 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. While **potatoes** come to a boil, strip **1 tbsp rosemary leaves** (dbl for 4 ppl) from stems, then roughly chop. Peel, then roughly chop **garlic**. Core, then cut **pepper** into 1-inch slices.



## Make pan gravy

Peel, then thinly slice **shallot**. Stir together **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl) in a small bowl. Heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until **shallots** soften, 1-2 min. Sprinkle **flour** over **shallots**. Cook, stirring often, until toasted, 1 min. Add **broth mixture** and **remaining Montreal Steak Spice**. Cook, stirring often, until **pan gravy** thickens slightly, 1-2 min.



## Prep veggies and chicken

Add **tomatoes**, **peppers** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Sprinkle **garlic**, **chopped rosemary** and **half the Montreal Steak Spice** over **chicken**. Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick.



## Mash potatoes

Drain and return **potatoes** to the same pot, off heat. Mash **cream** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**.



## Cook veggies and chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!) Transfer **chicken** to the baking sheet with **veggies**. Bake in the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 6-8 min. \*\*



## Finish and serve

Divide **mash**, **chicken** and **veggies** between plates. Spoon **pan gravy** over **chicken** and **mash**.

## Dinner Solved!