



# LEMON CHIVE CHICKEN

with Garlic Mashed Potatoes and Roasted Carrots



HELLO

## YUKON GOLD POTATOES

These tender, buttery spuds help you strike culinary gold.

PREP: 15 MIN | TOTAL: 45 MIN | CALORIES: 690



Garlic



Chives



Lemon



Flour  
(Contains: Wheat)



Chicken Cutlets



Yukon Gold Potatoes



Carrots



Sour Cream  
(Contains: Milk)



Tuscan Heat Spice



Chicken Stock Concentrate

## START STRONG

Our trick for the creamiest-ever mashed potatoes? Always save a scoop of potato cooking liquid before draining. Add a few splashes of the starchy stuff while mashing until your spuds reach a smooth consistency.

## BUST OUT

- Peeler
- Zester
- Small bowl
- Medium pot
- Strainer
- Potato masher
- Olive oil (2 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Garlic **2 Cloves** | **4 Cloves**
- Chives **¼ oz** | **½ oz**
- Carrots **12 oz** | **24 oz**
- Lemon **1** | **2**
- Sour Cream **4 TBSP** | **8 TBSP**
- Flour **2 TBSP** | **4 TBSP**
- Tuscan Heat Spice **1 TBSP** | **1 TBSP**
- Chicken Cutlets\* **10 oz** | **20 oz**
- Chicken Stock Concentrate **1** | **2**

\* Chicken is fully cooked when internal temperature reaches 165 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



# HelloFRESH



## 1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. Mince half the **garlic** (keep the remaining whole). Thinly slice **chives**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Zest and quarter **lemon** (quarter both lemons for 4 servings); squeeze 1 TBSP juice (2 TBSP for 4) into a small bowl.



## 4 COAT CHICKEN

Meanwhile, reserve ½ **tsp flour** (1 tsp for 4 servings; you'll use it in step 5). Combine remaining **flour**, half the **Tuscan Heat Spice** (use all for 4), **salt**, and **pepper** on a plate. Pat **chicken** dry with paper towels and season all over with **salt** and **pepper**. Using tongs, coat both sides of chicken in flour mixture.



## 2 MAKE MASHED POTATOES

Place **potatoes** and **whole garlic** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil; cook until tender, 15-20 minutes. Reserve ½ **cup potato cooking liquid**, then drain and return potatoes and garlic to pot. Mash with **sour cream** and **1 TBSP butter** (2 TBSP for 4), adding splashes of reserved cooking liquid as needed until smooth. Add half the **chives**, **salt**, and **pepper**. Keep covered off heat.



## 5 COOK CHICKEN AND START SAUCE

Heat a large drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **chicken** (tapping off any excess flour); cook until browned on first side, 3-5 minutes. Flip and add another large drizzle of **olive oil** to pan. Cook until browned and cooked through, 3-5 minutes more. (**TIP:** If browning too quickly, reduce heat.) Transfer to a plate. Heat a drizzle of **olive oil** in same pan over medium heat. Add **minced garlic**, reserved **flour**, and remaining **lemon zest**. Cook until fragrant, 20-30 seconds. Add **stock concentrate**, ¼ **cup water** (½ cup for 4), **lemon juice**, **salt**, and **pepper**. Simmer until thickened, 1-2 minutes. Turn off heat.



## 3 ROAST CARROTS

While potatoes cook, toss **carrots** on a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Roast on middle rack until lightly browned and tender, 20-25 minutes. Remove from oven and toss with half the **lemon zest**.



## 6 FINISH AND SERVE

Stir **1 TBSP butter** (2 TBSP for 4 servings) into sauce until melted. Divide **chicken**, **potatoes**, and **carrots** between plates. Top chicken with sauce. Garnish with remaining **chives**. Serve with any remaining **lemon wedges** on the side.

## BAE-GOALS

Stir any leftover chives into butter or cream cheese for a dressed up bagel spread.

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