



LEMON CHIVE CHICKEN

with Garlic Mashed Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Chives



12 oz | 24 oz
Carrots



1 | 2
Lemon



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Flour
Contains: Wheat



1 TBSP | 1 TBSP
Tuscan Heat
Spice



10 oz | 20 oz
Chicken Cutlets



1 | 2
Chicken Stock
Concentrate

HELLO

GARLIC MASHED POTATOES

Boiling spuds with whole garlic gives them an aromatic boost.



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 650



HOT TIP

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

BUST OUT

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



1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into ½-inch pieces. Peel and mince half the **garlic** (you'll use the remaining half in the next step). Thinly slice **chives**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Zest and quarter **lemon**; squeeze **1 TBSP juice** into a small bowl. Set aside.
- **4 SERVINGS:** Zest 1 lemon and quarter both. Squeeze 2 TBSP juice into bowl.



2 COOK POTATOES

- Place **potatoes** and remaining **garlic** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes and garlic to pot. Cover to keep warm.



3 ROAST CARROTS

- While potatoes and garlic 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.
- Toss carrots with half the **lemon zest**.



4 COAT & MIX

- Meanwhile, reserve **½ tsp flour** for step 7. On a plate, combine remaining flour, half the **Tuscan Heat Spice**, **salt**, and **pepper**. Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Press both sides of chicken into **flour mixture** to coat.
- In a measuring cup, combine **¼ cup water**, **stock concentrate**, and reserved **lemon juice**.
- **4 SERVINGS:** Reserve 1 tsp flour. Use all the Tuscan Heat Spice and 1/3 cup water.



5 COOK CHICKEN

- Heat a large drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **chicken**, tapping off any excess flour first. Cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate.
- **TIP:** If pan seems dry when flipping chicken, add another drizzle of oil.



6 MASH POTATOES

- While chicken cooks, mash **potatoes** and **garlic** with **sour cream** and **1 TBSP butter** until smooth, adding splashes of **reserved potato cooking liquid** as needed. Stir in half the **chives**; season with **salt** and **pepper**. Keep covered off heat.
- **4 SERVINGS:** Use 2 TBSP butter.



7 FINISH & SERVE

- Heat a drizzle of **olive oil** in pan used for chicken over medium heat. Add **minced garlic**, reserved **flour**, and remaining **lemon zest**. Cook until fragrant, 20 seconds. Add **stock mixture**; simmer until thickened, 1-2 minutes. Turn off heat; season with **salt** and **pepper**. Stir in **1 TBSP butter**.
- Divide **chicken**, **potatoes**, and **carrots** between plates. Top chicken with **sauce**. Garnish with remaining **chives**. Serve with any remaining **lemon wedges** on the side.
- **4 SERVINGS:** Use 2 TBSP butter.

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