



# MUSHROOM CHICKEN SCALLOPINI

with Skillet Zucchini and Basmati Rice



## HELLO

### MUSHROOM PAN SAUCE

Buttery, rich, and packed with flavor, it's basically chicken's best friend

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 710



Button Mushrooms



Parsley



Flour  
(Contains: Wheat)



Basmati Rice



Chicken Stock Concentrates



Zucchini



Shallot



Chicken Breasts



Sour Cream  
(Contains: Milk)



## START STRONG

Stir the flour constantly after adding it to the pan, then add the water and stock concentrate in a whisking motion. This will eliminate clumps and ensure that the sauce is silky smooth.

## BUST OUT

- Shallow dish
- 2 Large pans
- Plastic wrap
- Oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Button Mushrooms 4 oz | 8 oz
- Parsley ¼ oz | ½ oz
- Shallot 1 | 2
- Flour ½ Cup | 1 Cup
- Chicken Breasts 12 oz | 24 oz
- Basmati Rice 1 Pack | 2 Packs
- Chicken Stock Concentrate 1 | 2
- Sour Cream 2 TBSP | 4 TBSP

## HELLO WINE



PAIR WITH  
Three Hares South Africa  
Pinotage, 2016

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## 1 PREP

Wash and dry all produce. Halve zucchini lengthwise, then slice into thin half-moons. Trim, then thinly slice mushrooms. Finely chop parsley. Halve, peel, and mince shallot. Set aside 2 TBSP flour for sauce, then place the rest in a shallow dish.



## 4 COOK CHICKEN AND RICE

Heat a drizzle of oil in another large pan over medium-high heat. Add chicken and cook until browned and cooked through, 2-3 minutes per side. Remove from pan and set aside to rest. (TIP: Cover chicken with foil to keep warm.) Meanwhile, cook rice in microwave according to package instructions.



## 2 COOK ZUCCHINI

Heat a drizzle of oil in a large pan over high heat. Add zucchini and cook, tossing, until nicely browned, 7-10 minutes. Season with salt and pepper. Remove pan from heat.



## 5 START SAUCE

Melt 1 TBSP butter in pan used to cook chicken over medium-high heat. Add mushrooms and cook, tossing, until tender, 4-5 minutes. Add shallot and another 1 TBSP butter and cook, tossing, until butter melts, 1-2 minutes. Add reserved 2 TBSP flour and stir for 1 minute. Whisk in stock concentrate and ½ cup water and let sauce thicken, 1-2 minutes more.



## 3 BUTTERFLY CHICKEN

With your hand on one chicken breast, cut ¾ of the way through center, parallel to cutting board, stopping before you slice through. Open it up, cover with plastic wrap, and pound with a heavy pan or mallet until ½ inch thick. Repeat with remaining chicken breast. Season both with salt and pepper, then toss in flour in dish to coat, shaking off excess.



## 6 FINISH SAUCE AND SERVE

Reduce heat under pan to low. Stir in sour cream and half the parsley. Season with salt and pepper. If zucchini has cooled, quickly reheat in pan. Divide rice, zucchini, and chicken between plates. Drizzle sauce over everything, garnish with remaining parsley, and serve.

## VA-VA-SHROOM!

Dig the mushroom pan sauce?  
It tastes great with pork, too.

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