



Smoky Chicken Bravas

with Cauliflower and Aioli

Carb Smart

30 Minutes



Chicken Breasts



Cauliflower, florets



Sweet Bell Pepper



Garlic



Marinara Sauce



Chili Garlic Sauce



Smoked Paprika-Garlic Blend



Parsley



Mayonnaise

HELLO SALSA BRAVA

A smoky Spanish sauce, traditionally served over roasted potatoes.

Start here

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

Heat Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust Out

Baking sheet, measuring spoons, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Cauliflower, florets	285 g	570 g
Sweet Bell Pepper	160 g	320 g
Garlic	3 g	6 g
Marinara Sauce	½ cup	1 cup
Chili Garlic Sauce 🌶️	1 tsp	2 tsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Parsley	7 g	7 g
Mayonnaise	4 tbsp	8 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep and make aioli

Cut **cauliflower** into bite-sized pieces. Core, then cut **pepper** into 1-inch pieces. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Stir together **mayo** and **¼ tsp garlic** (dbl for 4 ppl) in a small bowl.



Season veggies

Add **cauliflower, peppers** and **1 tbsp oil** (dbl for 4 ppl) to one side of a baking sheet. Season with **salt** and **pepper**, then toss to combine.



Pan-fry chicken

Pat **chicken** dry with paper towels. Season with **salt, pepper** and **half the Smoked Paprika-Garlic Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden, 2-3 min per side. When **chicken** is golden, transfer to the baking sheet with **veggies**. (**NOTE:** For 4 ppl, add **chicken** to another baking sheet.)



Roast chicken and veggies

Roast **chicken** and **veggies** in the **middle** of the oven, until **veggies** are tender-crisp and **chicken** is cooked through, 12-14 min.** (**NOTE:** For 4 ppl, roast in the top and the middle of the oven, rotating sheets halfway through.)



Make brava sauce

While **chicken** and **veggies** roast, heat the same pan (from step 3) over medium. Add **½ tbsp oil** (dbl for 4 ppl), then **remaining garlic** and **remaining Smoked Paprika-Garlic Blend**. Cook, stirring often, until fragrant, 30 sec. Add **marinara** and **1 tsp chili garlic sauce**. (**NOTE:** Reference Heat Guide.) Cook, stirring occasionally, until heated through, 2-3 min. Season with **salt** and **pepper**.



Finish and serve

Thinly slice **chicken**. Divide **brava sauce** between plates. Arrange **chicken** and **veggies** over **sauce**. Sprinkle **parsley** over top and serve **aioli** on the side, for dipping.

Dinner Solved!