



# Salsa-Topped Chicken

## with Sweet Pepper and Roasted Potato Jumble










35 Minutes

Customized Protein + Add ↻ Swap or ×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

<span>↻</span> Swap 	<span>↻</span> Swap 
Chicken Thighs <sup>+</sup> 280 g   560 g	Tofu 1   2



	
Chicken Breasts <sup>+</sup> 2   4	Cheddar Cheese, shredded ¼ cup   ½ cup
	
Enchilada Spice Blend 1 tbsp   2 tbsp	Green Onion 1   2
	
Sweet Bell Pepper 1   2	Tomato Salsa ½ cup   1 cup
	
Garlic, cloves 2   4	Sour Cream 1   2
	
Sweet Potato 2   4	

**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.

Pantry items | Oil, pepper, salt

Cooking utensils | 2 baking sheet, large non-stick pan, measuring spoons, Paper towels, parchment paper

1



## Roast sweet potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt**, **pepper** and **half the Enchilada Spice Blend**, then toss to coat. Roast in the **middle** of the oven, flipping halfway though, until golden-brown, 16-18 min.

2



## Prep

Swap | Chicken Thighs

Swap | Tofu

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining Enchilada Spice Blend**.

3



## Cook chicken

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry until golden, 2-3 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Remove the pan from heat.
- Transfer **chicken** to a parchment-lined baking sheet. Spoon **salsa** evenly over **chicken**, then sprinkle with **cheese**. Bake in the **bottom** of the oven until cooked through, 12-14 min.\*\*

4



## Cook veggies

- Meanwhile, add **peppers** and **garlic** to the same pan over medium. Cook, stirring occasionally, until **peppers** are tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Remove the pan from heat.

5



## Finish and serve

- Add **sweet potatoes** to the pan with **peppers**. Toss to combine.
- Divide **veggie jumble** and **salsa-topped chicken** between plates.
- Dollop **sour cream** over **veggie jumble**.
- Sprinkle with **green onions**.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

2 | Prep

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**.

3 | Cook tofu

Swap | Tofu

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 3-4 min per side. (**NOTE:** Don't overcrowd the pan; cook tofu in 2 batches if needed.) Transfer **tofu** to a parchment-lined baking sheet. Spoon **salsa** evenly over **tofu**, then sprinkle with **cheese**. Bake in the **bottom** of the oven until **cheese** is melted, 3-4 min.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.