

HELLO Salsa-Topped Chicken with Sweet Penner and Boasted Bota

with Sweet Pepper and Roasted Potato Jumble

35 Minutes











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 🦫











Cheddar Cheese,

1 | 2

Chicken Breasts • 2 | 4

shredded 1/4 cup | 1/2 cup



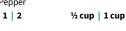


Enchilada Spice Blend

Green Onion 1 tbsp | 2 tbsp









Garlic, cloves



1 | 2

Tomato Salsa



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



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 goldenbrown, 16-18 min.



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.



Cook chicken

🚫 Swap | Tofu 🕽

- Heat a large non-stick pan over medium-high
- 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.**



2 Prep

O Swap | Tofu

Measurements

within steps

2 | Prep

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.

1 tbsp

2 person

O Swap | Chicken Thighs

to cook the chicken breasts.

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

4 person

oil

Ingredient

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.



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.



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.
- 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.