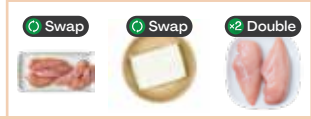




Carb Smart Chicken Dinner

with Creamed Spinach Sauce and Roasted Veggies

Smart Meal 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://hellofresh.ca)

Chicken Breast Tenders* 310 g | 620 g
Tofu 1 | 2
Chicken Breasts* 4 | 8



Chicken Breasts*
2 | 4



Yellow Potato
300 g | 600 g



Baby Spinach
113 g | 227 g



Yellow Onion
1 | 2



Carrot
1 | 2



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Cream Cheese
2 | 4



Chicken Stock
Powder
1 tbsp | 2 tbsp

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 | Salt, unsalted butter, oil, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper, vegetable peeler

1



Prep

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

- Peel, then slice **carrot** into 1/8-inch rounds.
- Cut **potato** into 1/2-inch pieces.
- Peel and cut **half the onion** into 1/2-inch slices. Cut **remaining onion** into 1/4-inch pieces.

2



Roast veggies

- Add **carrot, potato, sliced onions, half the stock powder** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**. Roast in the **bottom** of the oven, stirring halfway until tender and golden-brown, 20-24 min.

3



Cook chicken

Swap | [Chicken Breast Tenders](#)

Swap | [Tofu](#)

*2 Double | [Chicken Breasts](#)

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1/2 tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook **chicken** until golden, 1-2 min per side. Transfer to a parchment-lined baking sheet.
- Bake in the **top** of the oven until cooked through, 10-14 min.**

4



Finish prep and start sauce

- When **chicken** and **veggies** are nearly done, reheat the same pan over medium.
- While pan heats, roughly chop **spinach**.
- When hot, add **1 tbsp** (2 tbsp) **butter** and **remaining onions**. Cook, stirring often to remove any browned bits from the pan, until **onions** are golden-brown and begin to soften, 2-3 min.

5



Finish sauce

- Sprinkle **Cream Sauce Spice Blend** over **onions**. Stir to coat.
- Add **spinach, cream cheese, remaining stock powder, 1/4 tsp** (1/2 tsp) **sugar, 1/2 cup** (3/4 cup) **water** and **any chicken juices** from baking sheet.
- Cook, stirring often until **spinach** wilts and **sauce** is smooth and thickens slightly, 1-3 min.

6



Finish and serve

Swap | [Tofu](#)

- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates
- Spoon **some of the spinach sauce** over **chicken**, with **remaining sauce** on the side.

Measurements
within steps

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

3 | Cook chicken

Swap | [Chicken Breast Tenders](#)

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

3 | Cook tofu

Swap | [Tofu](#)

If you've opted to get **tofu**, while the pan heats, pat **tofu** 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 with **salt** and **pepper**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Sear **tofu** in the same way the recipe instructs you to sear the **chicken**. Bake in the **middle** of the oven until golden and tender, 8-10 min.

3 | Cook chicken

*2 Double | [Chicken Breasts](#)

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

6 | Finish and serve

Swap | [Tofu](#)

Plate **tofu** in the same way the recipe instructs you to plate the **chicken**.

* 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.