

HELLO Carb Smart Chicken Dinner with Crosmod Spinoch Square and Boosted Voca

with Creamed Spinach Sauce and Roasted Veggies

Smart Meal

35 Minutes









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 🦫









Chicken Breasts



2 | 4



Yellow Potato 300 g | 600 g



Baby Spinach



Yellow Onion

1 | 2

113 g | 227 g









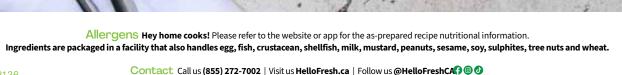


Cream Cheese

1 | 2

Chicken Stock

Powder 1 tbsp | 2 tbsp



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



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 ½-inch pieces.
- Peel and cut half the onion into ½-inch slices. Cut remaining onion into ¼-inch pieces.



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 goldenbrown, 20-24 min.



Cook chicken

O Swap | Chicken Thighs

O Swap | Tofu

- 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 ½ 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.**



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.



Finish sauce

- Sprinkle Cream Sauce Spice Blend over onions. Stir to coat.
- Add spinach, cream cheese, remaining stock powder, ¼ tsp (½ tsp) sugar, ½ cup (¾ 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.



Finish and serve

O 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.

3 | Cook chicken

Measurements

within steps

O 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**.

1 tbsp

oil

Ingredient

3 Cook tofu

🗘 Swap | Tofu

If you've opted to get tofu, 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 tofu in the same way the recipe instructs you to season the chicken breasts. When the pan is hot, add 1 tbsp (1 tbsp) oil, then tofu. Cook tofu until golden, 1-2 min per side. Transfer to a parchment-lined baking sheet. Bake in the top of the oven until golden and tender, 6-8 min.

6 | Finish and serve

O Swap | Tofu

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

- * 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.