

# HELLO Smart Smoky Mustard Chicken with Carret Mash and Boasted Brussels Sprouts

with Carrot Mash and Roasted Brussels Sprouts

Smart Meal

35 Minutes





Customized Protein Add





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

**Brussels Sprouts** 170 g | 227 g









1 | 2

Garlic, cloves 1 | 2

Chipotle Sauce 2 tbsp | 4 tbsp





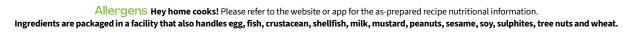


Concentrate 2 | 4

Whole Grain Mustard ½ tbsp | 1 tbsp



Garlic Salt 1 tsp | 2 tsp



Cooking utensils | 2 baking sheets, colander, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, potato masher, small bowl, vegetable peeler



### Roast Brussels Sprouts

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve Brussels sprouts (if larger, quarter them).
- Add Brussels sprouts and 1 ½ tbsp (3 tbsp) oil to a parchment-lined baking sheet. Season with pepper and half the garlic salt, then toss to combine.
- Roast in the top of the oven until tender, 16-20 min.



#### Make carrot mash

- Meanwhile, peel then cut carrot into ¼-inch rounds.
- Add carrots and enough water to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 14-15 min.



#### Sear chicken

O Swap | Chicken Thighs

#### O Swap | Tofu

- Meanwhile, pat chicken dry with paper towels. Season with pepper and remaining garlic salt.
- Heat a large non-stick pan over medium-high
- When hot, add 1/2 tbsp (1 tbsp) oil, then chicken. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- · Remove from heat.



#### Finish mash and serve

#### O Swap | Tofu

- Thinly slice **chicken**.
- Once boiled, drain and return carrots to the same pot, off heat.
- Mash 2 tbsp (4 tbsp) butter into the carrots. Season with salt and pepper, to taste.
- Divide chicken, Brussels sprouts and mash between plates.
- sprouts.



#### Roast chicken

#### 🔘 Swap | Tofu 🕽

- Transfer chicken to another parchment-lined baking sheet.
- Roast in the middle of the oven until chicken is cooked through, 10-12 min.\*\*
- When **chicken** is done, transfer to a plate to rest for 3-5 min.



#### Make sauce

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

- Meanwhile, peel, then cut shallot into ½-inch pieces.
- Peel, then mince or grate garlic.
- Combine chipotle sauce, half the mustard (use all for 4 ppl), broth concentrate and 1/4 cup (½ cup) water in a small bowl.
- Reheat the pan (from step 3) over medium.
- When hot, add ½ tbsp (1 tbsp) oil, then **shallots** and **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add sauce mixture (from step 5). Cook, stirring often, until sauce thickens slightly, 1-3 min.

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

## Spoon sauce over chicken and Brussels

#### 3 | Sear 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 | Sear tofu

#### 🚫 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**. When hot, add 1 tbsp (2 tbsp) oil, then tofu. Cook until golden, 1-2 min per side.

#### 4 | Roast tofu

#### O Swap | Tofu

Roast in the middle of the oven until tofu is tender and golden, 6-8 min.

#### 6 | Finish mash and serve

#### O Swap | Tofu

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