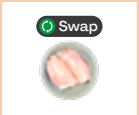




Carb Smart Saucy Chicken with Veggie Hash

Smart Meal 30 Minutes



Chicken Thighs
280 g | 560 g

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](https://www.hellofresh.ca)



- Chicken Breasts • 2 | 4
- Green Bell Pepper 1 | 2
- Russet Potato 1 | 2
- Roasted Pepper Pesto ¼ cup | ½ cup
- Cream 56 ml | 113 ml
- Green Onion 2 | 4
- Smoked Paprika-Garlic Blend 1 tbsp | 2 tbsp
- Sweet Potato 1 | 2

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 | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, box grater, colander, large non-stick pan, measuring spoons, paper towels, small pot, vegetable peeler

1



Prep Peppers

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch strips.
- Add **peppers** and ½ **tbsp oil** to an unlined baking sheet. Season with **salt** and **pepper** then toss to coat. Set aside.

2



Prep potatoes

- Peel, then grate **potato** and **sweet potato**.
- Add **grated potatoes** to a colander. Rinse **grated potatoes** under **cold water**, 1 min.
- Using your hands, squeeze out as much excess water as possible, then transfer **grated potatoes** to a plate. Set aside.

3



Cook chicken and peppers

- Pat **chicken** dry with paper towels. Season **chicken** with **Smoked Paprika-Garlic Blend** and **salt**.
- Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ **tbsp oil** per batch.)
- Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to the baking sheet with the **peppers**. Roast in the **middle** of the oven until cooked through, 8-10 min.**

4



Cook potatoes

- Reheat the large non-stick pan over medium.
- When hot, add 1 **tbsp** (2 **tbsp**) **oil** and 1 **tbsp** (2 **tbsp**) **butter**. Swirl pan to melt. (**NOTE:** Use two large non-stick pans for 4ppl or work in batches.)
- Sprinkle **shredded potato** in an even layer. Cook without touching until **potatoes** begin to crisp on the edges, 4-5 min.
- Using a wooden spoon, break up the **potatoes**. Cook, stirring and flipping often, until **potatoes** are golden-brown and cooked through, 5-6 min.
- Season with **salt**.

5



Heat sauce

- Meanwhile, heat a small pot over medium.
- When hot, add **cream** and **roasted red pepper pesto**.
- Cook, stirring often until warmed through, 2-3 min.
- Set aside.

6



Finish and serve

- Thinly slice **green onion**.
- Thinly slice **chicken**.
- Divide **potato hash** between plates.
- Top with **chicken** and **peppers**.
- Spoon **creamy pepper sauce** over top.
- Sprinkle **green onions** over top.

Measurements within steps | 1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken and peppers

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook 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 temperature of 74°/165°F.