



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

<span>↻</span> Swap	<span>↻</span> Swap
Chicken Thighs 280 g   560 g	Tofu 1   2



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 1   2	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, sugar

**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 Thighs**
- ◉ 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 **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 Thighs**

If you've opted to get **chicken thighs**, 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**, 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

◉ 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.