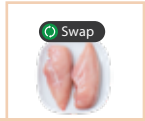




Bacon-Wrapped Chicken and Mushroom Gravy

with Goat Cheese Mash and Garlic Brussels Sprouts

Special 45 Minutes



Organic Chicken
Breasts*
2 | 4

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://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Bacon Strips
100 g | 200 g



Russet Potato
2 | 4



Brussels Sprouts
227 g | 454 g



Mushrooms
113 g | 227 g



Shallot
1 | 2



Chives
7 g | 14 g



Goat Cheese
1/4 cup | 1/2 cup



Cream
113 ml | 237 ml



Garlic Spread
2 tbsp | 4 tbsp



Chicken Broth
Concentrate
1 | 2



All-Purpose Flour
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 | Oil, salt, pepper

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

1



Roast Brussels sprouts

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **Brussels sprouts** (if larger, quarter them).
- Melt **half the garlic spread** in a small microwavable bowl or a small pan over low heat.
- Add **Brussels sprouts** and **melted garlic spread** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven until tender, 12-16 min.

2



Prep and cook chicken

Swap | Organic Chicken Breasts

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Wrap **two bacon strips** around **each chicken breast**. (TIP: Overlapping strips by ½ inch helps keep the bacon on the chicken.)
- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.) Pan-fry until golden, 3-4 min per side.
- Remove from heat.
- Transfer **chicken** to another unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 16-18 min.**
- Carefully discard all but **1 tbsp** (2 **tbps**) **bacon fat** from the pan.

3



Mash potatoes

- While **chicken** roasts, peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large 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, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat. Mash **goat cheese**, **half the cream** and **remaining garlic spread** into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.

4



Prep

- Meanwhile, thinly slice **mushrooms**.
- Peel, then finely chop **shallot**.
- Finely chop **chives**.

5



Make mushroom gravy

- Reheat the pan with **reserved bacon fat** (from step 2) with over medium-high.
- When hot, add **mushrooms**. Cook, stirring occasionally, until **mushrooms** begin to soften, 3-4 min. Season with **salt** and **pepper**.
- Add **shallots**. Cook, stirring occasionally, until softened, 2 min.
- Sprinkle **flour** over top. Cook, stirring often, until coated, 30 sec.
- Reduce heat to medium. Add **chicken broth concentrate**, **remaining cream** and ¾ **cup** (1 ½ cups) **water**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

6



Finish and serve

- Stir **chives** into **mashed potatoes**.
- Thinly slice **chicken**.
- Divide **potatoes**, **chicken** and **Brussels sprouts** between plates.
- Spoon **mushroom gravy** over **chicken**.

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.

2 | Prep and cook chicken

Swap | Organic Chicken Breasts

If you've opted to get **organic chicken breasts**, then prepare and cook in the same way the recipe instructs you to prepare and cook the regular 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 pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.