



Creamy Garlic Chicken and Spinach with Smashed Potatoes

25 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)



🔄 Swap



Chicken Breasts
2 | 4

🔄 Swap



Protein Shreds
200 g | 400 g



Chicken Thighs
280 g | 560 g



Cream Cheese
1 | 2



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Red Potato
350 g | 700 g



Garlic, cloves
2 | 4



Baby Spinach
56 g | 113 g



Chicken Stock Powder
1 tbsp | 2 tbsp



Dijon Mustard
½ tbsp | 1 tbsp



Chives
7 g | 7 g

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.

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Pepper, oil, salt, butter

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, strainer, vegetable peeler, whisk

1



Cook and smash potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Remove any brown spots from **potatoes**, then peel and cut into 1-inch pieces.
- To a large pot, add **potatoes**, **2 tsp salt** and **enough water** to cover by approx. 1 inch (use same for 4 servings). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered for 10-12 min, until fork-tender.
- Drain and return **potatoes** to the pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** into **potatoes** until **creamy**. Season with **salt** and **pepper**.

4



Start sauce

- When **potatoes** are done, heat the same pan (from step 2) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **garlic** and **Cream Sauce Spice Blend**. Cook for 30 sec, stirring often, until fragrant.
- Gradually whisk in **¾ cup** (1 ¼ cups) **water**, **cream cheese** and **remaining stock powder**. Bring to a simmer, whisking often, until **cream cheese** is mostly combined. (**TIP:** It's okay if there are bits of cream cheese. The sauce will smooth out in the next step.)

2



Cook chicken

Swap | **Chicken Breasts**

Swap | **Protein Shreds**

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels. Season with **1 tsp** (2 tsp) **chicken stock powder**, **salt** and **pepper**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook for 1-2 min per side, until golden.
- Remove the pan from heat. Transfer **chicken** to an unlined baking sheet.
- Roast in the **top** of the oven for 8-10 min, until cooked through.**

5



Finish sauce

- Once **sauce** is simmering, add **spinach**.
- Cook for 3-4 min, stirring often, until **sauce** thickens slightly.
- Add **Dijon** and any **juices** from the baking sheet with **chicken**. Season with **pepper**, if you like. Cook for 30 sec, whisking often, until **Dijon** is incorporated.
- Remove the pan from heat.

3



Prep

- Meanwhile, roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Thinly slice **chives**.

6



Finish and serve

Swap | **Protein Shreds**

- Thinly slice **chicken**.
- Add **half the chives** to **smashed potatoes**, then stir to combine.
- Divide **smashed potatoes** between plates, then top with **chicken**.
- Spoon **sauce** over **chicken** and **potatoes**.
- Sprinkle **remaining chives** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving 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 | Cook chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and sear in the same way the recipe instructs you to prep and sear **chicken thighs**, then increase roast time to 10-12 min.

2 | Cook protein shreds

Swap | **Protein Shreds**

If you've opted to get **plant-based protein shreds**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **protein shreds**. Cook for 6-8 min, flipping once or twice, until cooked through.** Transfer to a plate. Season with **1 tsp** (2 tsp) **chicken stock powder**, **salt** and **pepper**. Toss to coat. Cover to keep warm. Top final plates with protein shreds.

6 | Finish and serve

Swap | **Protein Shreds**

Top final plates with **protein shreds**.

* 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 165°F.