

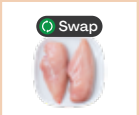


# Bacon-Wrapped Chicken and Mushroom Gravy

## with Goat Cheese Mash and Garlic Brussels Sprouts

Special

45 Minutes



Organic Chicken Breast <sup>+</sup>  
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 <sup>+</sup>  
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  
¼ cup | ½ 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.*

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

1



### Roast Brussels sprouts

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

- Halve **Brussels sprouts** (if larger, quarter them).
- In a small microwavable bowl or a small pan over low heat, melt **half the garlic spread**.
- To an unlined baking sheet, add **Brussels sprouts** and **melted garlic spread**. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven for 12-16 min, until tender.

2



### Prep and cook chicken

- 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 an inch keeps 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:** Cook in 2 batches if needed.) Pan-fry for 3-4 min, until golden.
- Remove from heat.
- Transfer **chicken** to another unlined baking sheet.
- Roast in the **middle** of the oven for 16-18 min, until cooked through.\*\*
- Discard all but **1 tbsp** (2 **tbsp**) **bacon fat** from the pan.

3



### Mash potatoes

- While **chicken** roasts, peel, then cut **potatoes** 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-high. Simmer uncovered for 10-12 min, until fork-tender.
- 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**.

4



### Prep

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

5



### Make mushroom gravy

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

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**.

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.

\* 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 160°F and 165°F, respectively, as size may vary.