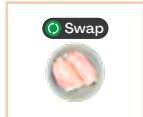




# Braised Chicken and Mushrooms with Buttery Smashed Potatoes

Family Friendly 25-35 Minutes



Chicken Thighs  
280 g | 560 g

Custom Recipe + 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



Yellow Potato  
350 g | 700 g



Mushrooms  
113 g | 227 g



Yellow Onion  
1/2 | 1



Baby Spinach  
56 g | 113 g



Thyme  
7 g | 7 g



Gravy Spice Blend  
2 tbsp | 4 tbsp



Chicken Broth Concentrate  
1 | 2



Garlic Salt  
1 tsp | 2 tsp

**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** | Milk, unsalted butter, salt, pepper

**Cooking utensils** | Colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels

1



### Prep and cook potatoes

• Before starting, wash and dry all produce.

- 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. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

2



### Prep

- Meanwhile, thinly slice **mushrooms**.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Roughly chop **spinach**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.

3



### Prep and pan-fry chicken

🔄 Swap | **Chicken Thighs**

- Pat **chicken** dry with paper towels, then cut crosswise into 1-inch slices.
- Season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted, 1 min.
- Add **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

4



### Cook veggies

- Add **mushrooms** and **onions** to the pan with **chicken**.
- Cook, stirring occasionally, until **veggies** are tender-crisp and **chicken** is cooked through, 4-5 min. \*\*

5



### Braise chicken and veggies

- Sprinkle **Gravy Spice Blend** over top. Stir to coat.
- Add **¾ cup** (1 ½ cups) **water**, **broth concentrate** and **remaining garlic salt**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Add **spinach**. Stir until wilted, 1-2 min. Season with **pepper**, to taste. (**TIP:** For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)

6



### Finish and serve

- If desired, reheat **potatoes** over medium-low.
- Roughly mash **2 tbsp** (4 tbsp) **butter** and **2 tbsp** (4 tbsp) **milk** into **potatoes**, until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **pepper**, to taste.
- Divide **smashed potatoes** between plates.
- Top with **chicken**, **veggies** and **sauce**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Prep and pan-fry chicken thighs

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prepare, cook and plate them in the same way the recipe instructs you to prepare, cook and 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.



Issue with your meal? Scan the QR code to share your feedback.