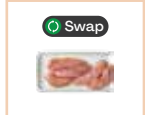




Braised Chicken and Mushrooms with Buttery Smashed Potatoes

30 Minutes



Chicken Tenders +
340 g | 680 g

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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 Thighs +
280 g | 560 g



Yellow Potato
350 g | 700 g



Mushrooms
113 g | 227 g



Yellow Onion
½ | 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 1/2-inch pieces.

3



Prep and pan-fry chicken

🔄 Swap | **Chicken Tenders**

- Pat **chicken** dry with paper towels, then cut **each thigh** in half.
- Season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan 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** and **thyme** over **chicken** and **veggies**. Cook, stirring often, until coated, 1 min.
- Add **3/4 cup** (1 1/2 cups) **water**, **broth concentrate** and **remaining garlic salt**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Add **spinach**. Stir until wilted, 1-2 min. Season with **pepper**, to taste.

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 tenders

🔄 Swap | **Chicken Tenders**

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

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



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