



# Cal Smart 'Chalet'-Style Chicken Tenders

with Carrots, Peas and Smashed Potatoes

Calorie Smart

30 Minutes



Chicken Tenders



Yellow Potato



Carrot



Green Peas



Garlic, cloves



Gravy Spice Blend



Chicken Broth Concentrate



Seasoned Salt

HELLO GRAVY SPICE BLEND

*A savoury blend of flour and spices!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Vegetable peeler, colander, measuring spoons, potato masher, medium pot, measuring cups, whisk, large pot, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Yellow Potato	300 g	600 g
Carrot	170 g	340 g
Green Peas	113 g	227 g
Garlic, cloves	2	4
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Seasoned Salt	½ tbsp	1 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* 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.

### 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.*

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### Cook potatoes

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. Simmer uncovered until fork-tender, 10-12 min.



### Make gravy

Peel, then mince or grate **garlic**. Melt **½ tbsp butter** (dbl for 4 ppl) in the same pan over medium. When **butter** is melted, add **garlic** and **Gravy Spice Blend**. Cook, whisking often, until fragrant, 30 sec. Gradually whisk in **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a gentle boil. Once boiling, cook, whisking often, until **gravy** thickens slightly, 2-3 min. Remove the pan from heat and cover to keep warm.



### Cook veggies

Meanwhile, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Add **carrots**, **peas**, **half the seasoned salt**, **¼ cup water** and **½ tbsp butter** (dbl both for 4 ppl) to a medium pot. Season with **pepper**. Bring to a boil over high heat. Once boiling, reduce heat to medium and cook, stirring occasionally, until **carrots** are tender and **liquid** is absorbed, 10-14 min.



### Finish potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Roughly mash **¼ cup milk** and **1 tbsp butter** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **pepper**, to taste.



### Cook chicken

Meanwhile, pat **chicken** dry with paper towels. Season with **remaining seasoned salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\* Remove the pan from heat, then transfer **chicken** to a plate. Cover to keep warm.



### Finish and serve

Divide **chicken**, **smashed potatoes** and **veggies** between plates. Spoon **gravy** over **chicken**.

## Dinner Solved!