



Carb Smart Chicken Dinner

with Creamed Spinach Sauce and Roasted Veggies

Smart Meal

35 Minutes

Swap



Chicken Breast Tenders
310 g | 620 g

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)



Chicken Breasts
2 | 4



Yellow Potato
300 g | 600 g



Baby Spinach
113 g | 227 g



Yellow Onion
1 | 2



Carrot
1 | 2



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Cream Cheese
1 | 2



Chicken Stock Powder
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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, parchment paper, large non-stick pan, paper towels

1



Prep

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- Peel, then slice **carrot** into 1/8-inch rounds.
- Cut **potato** into 1/2-inch pieces.
- Peel and cut **half the onion** into 1/2-inch slices. Cut **remaining onion** into 1/4-inch pieces.

2



Roast veggies

- Add **carrot, potato, sliced onions, half the stock powder** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**. Roast in the **bottom** of the oven, stirring halfway until tender and golden-brown, 20-24 min.

3



Cook chicken

- [Swap](#) | [Chicken Breast Tenders](#)
- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **1/2 tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook **chicken** until golden, 1-2 min per side. Transfer to a parchment lined baking sheet.
- Bake in the **top** of the oven until cooked through, 10-14 min.**

4



Finish prep and start sauce

- When **chicken** and **veggies** are nearly done, reheat the same pan over medium.
- While pan heats, roughly chop **spinach**.
- When hot, add **1 tbsp** (2 tbsp) **butter** and **remaining onions**. Cook, stirring often to remove any browned bits from the pan, until onions are golden-brown and begin to soften, 2-3 min.

5



Finish sauce

- Sprinkle **Cream Sauce Spice Blend** over **onions**. Stir to coat.
- Add **spinach, cream cheese, remaining stock powder, 1/4 tsp** (1/2 tsp) **sugar, 1/2 cup** (3/4 cup) **water** and **any chicken juices** from baking sheet.
- Cook, stirring often until **spinach** wilts and **sauce** is smooth and thickens slightly, 1-3 min.

6



Finish and serve

- [Swap](#) | [Chicken Breast Tenders](#)
- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates
- Spoon **some** of the **spinach sauce** over **chicken**, with **remaining sauce** on the side.

Measurements
within steps

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

3 | Cook chicken tenders

[Swap](#) | [Chicken Breast Tenders](#)

If you've opted to get **chicken breast tenders**, cook them in the same way the recipe instructs you to cook the **chicken breast**, increasing sear time to 3-5 min per side, until cooked through.** Transfer to a plate and cover to keep warm. Skip the roasting step.

6 | Finish and serve

[Swap](#) | [Chicken Breast Tenders](#)

Plate **chicken breast tenders** as the recipe instructs you to plate the **chicken breast**, skipping instructions to slice **chicken**.**

* 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.