



Carb Smart Roasted Buffalo Chicken

with Dill Sour Cream Dipper and Roasted Veggies

Carb Smart

Spicy

30 Minutes



Chicken Breasts



Hot Sauce



Zucchini



Carrot



Red Onion



Garlic Salt



Dill-Garlic Spice Blend



Chives



Sour Cream

HELLO HOT SAUCE

This low-calorie condiment is the perfect way to kick your meal up a notch!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Hot Sauce 🌶️	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Carrot	340 g	680 g
Red Onion	113 g	226 g
Garlic Salt	1 tsp	2 tsp
Dill-Garlic Spice Blend	½ tsp	1 tsp
Chives	7 g	7 g
Sour Cream	3 tbsp	6 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.

Contact

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1 Prep

- Peel, then cut **carrots** into ¼-inch coins.
- Peel, then cut **onion** into ½-inch slices.
- Cut **zucchini** into ½-inch coins.
- Thinly slice **chives**.



4 Make dipper

- Meanwhile, add **sour cream**, **half the chives**, **¼ tsp Dill-Garlic Spice Blend** and **½ tbsp water** (dbl both for 4 ppl) to a small bowl.
- Season with **salt and pepper**, then whisk to combine.
- Set aside.



2 Roast veggies

- Add **carrots, zucchini, onions, ¼ tsp Dill-Garlic Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet.
- Season with **half the garlic salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 18-20 min.



5 Finish chicken

- When **chicken** is done, transfer to a large bowl.
- Pour **1 tbsp hot sauce** (dbl for 4 ppl) over **chicken**, then carefully toss to coat.



3 Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **remaining garlic 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**. Cook until golden, 2-3 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!)
- Carefully transfer **chicken** to the baking sheet with **veggies**.
- Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



6 Finish and serve

- Divide **roasted veggies** between plates. Sprinkle **remaining chives** over top.
- Arrange **chicken** on top of **veggies**. Drizzle **any remaining hot sauce** from the bowl over top.
- Serve **dill sour cream dipper** on the side.

Dinner Solved!