





# Chive Chicken and Wild Rice with Buttery Green Beans

30 Minutes

↗ 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)



 *2 Double	 Swap
Chicken Breasts 4   8	Tofu 1   2

 Chicken Breasts 2   4	 Wild Rice Medley ½ cup   1 cup
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 Green Beans 170 g   340 g	 Chives 7 g   7 g
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 Cream Cheese 1   2	 Chicken Broth Concentrate 1   2
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 Crispy Shallots 28 g   56 g
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**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, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

1



## Start rice

- Before starting, preheat the oven to 425°F.
- Remove 1 **tbsp** (2 **tbsp**) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.
- Stir together **broth concentrate**, **wild rice medley**, **1 cup** (2 cups) **water** and  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **tsp**) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove from heat. Set aside, still covered.

2



## Prep

- Thinly slice **chives**.
- Trim **green beans**.
- Stir together **half the chives**, **cream cheese** and **1 tbsp** (2 **tbsp**) **softened butter** in a small bowl. Set aside.

3



## Prep and stuff chicken

×2 Double | **Chicken Breasts**

🔄 Swap | **Tofu**

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving 1 inch intact on the other end.
- Open up **chicken** like a book. Season both sides with **salt** and **pepper**.
- Spoon **cream cheese-chive filling** over one side of **each chicken breast**. Fold other side over **filling** to close.

4



## Cook chicken

🔄 Swap | **Tofu**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook in 2 batches, if needed.)
- Sear **chicken** until golden, 2-3 min per side.
- Transfer to a parchment-lined baking sheet.
- Roast in the **middle** of oven until cooked through, 8-10 min.\*\*
- Carefully wipe the pan clean.

5



## Cook green beans

- Reheat the same pan over medium-high.
- When the pan is hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **green beans**.
- Cook, stirring occasionally, until starting to soften, 5-6 min. Season with **salt** and **pepper**.
- Reduce heat to medium, then add **2 tbsp** (4 **tbsp**) **butter**.
- Cook, stirring often, until **beans** are coated and cooked through, 2-3 min.

6



## Finish and serve

🔄 Swap | **Tofu**

- Fluff **rice** with a fork. Season with **salt** and **pepper**, to taste.
- Divide **rice**, **chicken** and **green beans** between plates.
- Sprinkle **remaining chives** over top.
- Sprinkle **crispy shallots** over **green beans**.

**Measurements**  
within steps

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

## 3 | Prep and stuff chicken

×2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

## 3 | Prep and sear tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE**: You will have 2 square tofu "steaks" per block.) Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side.

## 4 | Bake tofu

🔄 Swap | **Tofu**

Transfer **pan-seared tofu** to a parchment-lined baking sheet. Top **tofu halves** with **cream cheese-chive filling**. Bake in the **middle** of the oven until **filling** has melted, 3-4 min.

## 6 | Finish and serve

🔄 Swap | **Tofu**

Divide **tofu**, **rice** and **beans** between plates.

\* 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.