



Creamy Dill Chicken

with Lemony Carrot and Zucchini Ribbon Salad

Carb Smart

25 Minutes



Chicken Breasts



Zucchini



Carrot



Sour Cream



Lemon



Chicken Broth Concentrate



Dill



Dijon Mustard



Garlic

HELLO DIY ZUCCHINI RIBBONS

All you need is a peeler to make these twirly zucchini ribbons!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Baking sheet, vegetable peeler, microplane/zester, measuring spoons, large bowl, parchment paper, measuring cups, large non-stick pan, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Zucchini	200 g	400 g
Carrot	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Lemon	1	1
Chicken Broth Concentrate	1	2
Dill	7 g	14 g
Dijon Mustard	1 tbsp	2 tbsp
Garlic	6 g	12 g
Unsalted Butter* Oil*	1 tbsp	2 tbsp
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Cook chicken

Pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to a parchment-lined baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 12-15 min.**



Make dill sauce

Heat the same pan (from step 1) over medium-high heat. When hot, add **broth concentrate** and **½ cup water** (dbl for 4 ppl). Boil, stirring occasionally, until the **liquid** is slightly reduced and thickened, 3-4 min. Add **1 tbsp butter** (dbl for 4 ppl) and swirl until melted. Remove from heat, then stir in **remaining Dijon, remaining dill** and **sour cream**. Season with **salt** and **pepper**.



Prep

While the **chicken** cooks, using a vegetable peeler, peel **carrots** into long ribbons. Cut **zucchini** in half lengthwise, then peel the **zucchini** into long ribbons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate **garlic**. Finely chop **dill**.



Finish salad

Add **carrot** and **zucchini ribbons** to the bowl with **vinaigrette**, then toss to combine. Season with **salt** and **pepper**, if desired.



Make vinaigrette

Whisk together **half the Dijon**, **2 tsp lemon juice**, **1 tsp lemon zest**, **2 tsp dill**, **2 tbsp oil** (dbl all for 4 ppl) and **garlic** in a large bowl. (NOTE: Reference Garlic Guide.) Season with **salt** and **pepper**.



Finish and serve

Thinly slice **chicken**, then divide between plates. Drizzle **dill sauce** over top. Serve **salad** alongside.

Dinner Solved!