



Creamy Garlic Chicken Thighs with Potatoes and Parmesan

Quick 25 Minutes



Chicken Thighs



Chicken Breasts



Yellow Potato



Baby Spinach



Cream



Garlic, cloves



Parmesan Cheese,
grated



Sweet Bell Pepper



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Chicken Breasts ♦	2	4
Yellow Potato	360 g	720 g
Baby Spinach	56 g	113 g
Cream	56 ml	113 ml
Garlic, cloves	2	4
Parmesan Cheese, grated	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
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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Prep and cook potatoes

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.



Prep

While **potatoes** cook, core, then cut **pepper** into ½-inch pieces. Peel, then mince or grate **garlic**.



Sear chicken

Pat **chicken** dry with paper towels, then cut **each thigh** in half. 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 **chicken**. Sear until golden-brown, 2-3 min per side. **(NOTE: It's okay if chicken doesn't cook all the way through in this step!)**



CUSTOM RECIPE

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Make sauce

Reduce heat to medium. Add **1 tbsp butter** (dbl for 4 ppl), then **peppers** and **garlic**. Cook, stirring often, until fragrant, 30 sec. Add **cream** and **¾ cup water** (dbl for 4 ppl). Bring to a boil over high. Once boiling, reduce to medium. Simmer, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-8 min. **** Remove the pan from heat, then season with salt and pepper, to taste. Stir in spinach until wilted, 1-2 min.**



Finish potatoes

When **potatoes** are tender, drain, then return to the same pot, off heat. Add **1 tbsp butter** (dbl for 4 ppl), then gently toss to coat, then season with **salt** and **pepper**, to taste. Cover to keep warm.



Finish and serve

Divide **potatoes** between plates. Top with **chicken, veggies** and **sauce**. Sprinkle **Parmesan** over top.

Dinner Solved!