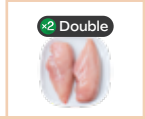




# Chicken with Creamy Sage Sauce with Cauliflower Mash

Keto Special 30 Minutes



Double Chicken  
Breasts +  
4 | 8

↗ 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)



Chicken Breasts +  
2 | 4



Green Onion  
2 | 4



Cauliflower, florets  
285 g | 570 g



Garlic, cloves  
2 | 4



Fresh Sage  
7 g | 14 g



Cream  
237 ml | 474 ml



Dijon Mustard  
1 1/2 tsp | 3 tsp



White Cheddar  
Cheese, shredded  
1/2 cup | 1 cup



Shanghai Bok Choy  
1 | 2

**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\*, salt\*, pepper\*, oil\*

**Cooking utensils** | Colander, medium non-stick pan, measuring spoons, potato masher, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

1



## Prep

• Before starting, wash and dry all produce.

- Thinly slice **green onions**.
- Peel, then mince or grate **garlic**.
- Cut **bok choy** into 1-inch pieces.
- Strip **sage leaves** from stems, then finely chop.

2



## Cook cauliflower

- Add **cauliflower** and **enough water** to cover (by approx. 1 inch) to a medium 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.
- Drain and return **cauliflower** to the same pot, off heat. Cover to keep warm.
- Set aside.

3



## Cook chicken

\*2 Double | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **half the sage**.
- Heat a large non-stick pan over medium heat.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **chicken**. Pan-fry until golden-brown and cooked through, 6-8 min per side.\*\*
- Transfer **chicken** to a plate. Cover with foil to keep warm.
- Carefully wipe the pan clean.

4



## Make sauce

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbps**) **butter**, then **green onions, remaining sage, Dijon** and  $\frac{3}{4}$  **cup** (1  $\frac{1}{4}$  **cups**) **cream**. Season with **salt** and **pepper**.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.

5



## Cook bok choy

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add  $\frac{1}{2}$  **tbps** (1 **tbps**) **oil**, then **bok choy**.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Add **garlic**. Cook, stirring often, until fragrant, 1-2 min.
- Season with **salt** and **pepper**.

6



## Finish and serve

- Add **cheese, 1 tbsp** (2 **tbps**) **butter** and **remaining cream** to pot with **cauliflower**.
- Using a potato masher, mash until creamy.
- Thinly slice **chicken**.
- Divide **chicken, cauliflower mash** and **garlicky bok choy** between plates.
- Spoon **creamy sage sauce** over **chicken**.

Measurements  
within steps

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

## 3 | Cook chicken

\*2 Double | **Chicken Breasts**

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

\*\* Cook chicken 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.



Issue with your meal? Scan the QR code to share your feedback.