

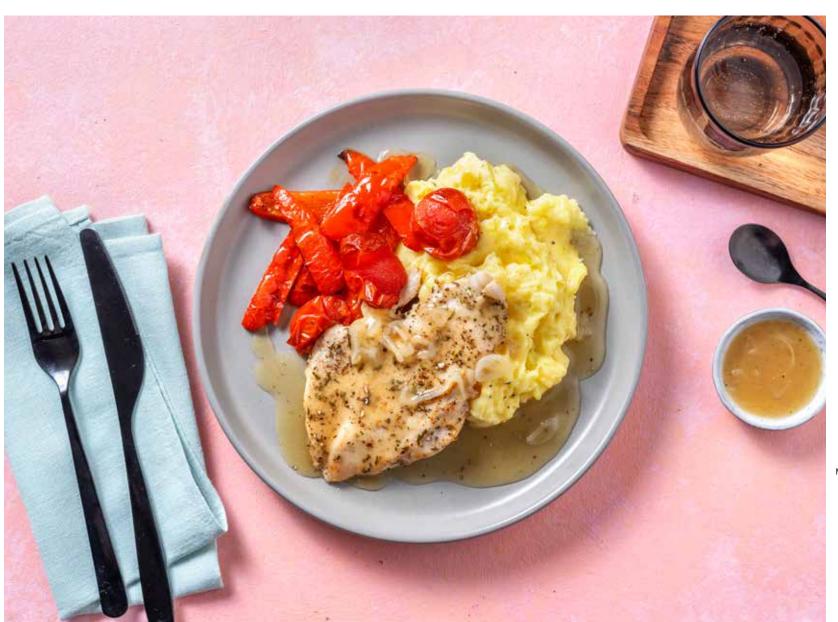
# Garlicky Smashed Chicken

with Pan Gravy and Veggie Medley

Family Friendly

Quick

25 Minutes





Chicken Breasts







Rosemary



Russet Potato



Sweet Bell Pepper





Chicken Broth



Concentrate



**Baby Tomatoes** 



All-Purpose Flour

Shallot



Montreal Steak Spice



## Start here

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

#### **Bust out**

Baking sheet, vegetable peeler, colander, measuring spoons, plastic wrap, potato masher, rolling pin, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Garlic, cloves	2	4
Rosemary	1 sprig	1 sprig
Russet Potato	460 g	920 g
Sweet Bell Pepper	160 g	320 g
Cream	56 ml	113 ml
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Shallot	50 g	100 g
Montreal Steak Spice	1 tbsp	2 tbsp
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.

#### Contact

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# Cook potatoes and prep

Peel, then 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. While **potatoes** come to a boil, strip **1 tbsp rosemary leaves** (dbl for 4 ppl) from stems, then roughly chop. Peel, then roughly chop **garlic**. Core, then cut **pepper** into 1-inch slices.



## Make pan gravy

Peel, then thinly slice **shallot**. Stir together **broth concentrate** and **1** ½ **cups water** (dbl for 4 ppl) in a small bowl. Heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until **shallots** soften, 1-2 min. Sprinkle **flour** over **shallots**. Cook, stirring often, until toasted, 1 min. Add **broth mixture** and **remaining Montreal Steak Spice.** Cook, stirring often, until **pan gravy** thickens slightly, 1-2 min.



#### Prep veggies and chicken

Add tomatoes, peppers and 1 tbsp oil (dbl for 4 ppl) to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat. Set aside. Pat chicken dry with paper towels. Season with salt and pepper. Sprinkle garlic, chopped rosemary and half the Montreal Steak Spice over chicken. Cover each chicken breast with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound each chicken breast until ½-inch thick.



## Cook veggies and chicken

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, 1-2 min per side. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed!) Transfer chicken to the baking sheet with veggies. Bake in the middle of the oven until veggies are tender and chicken is cooked through, 6-8 min.\*\*



#### Mash potatoes

Drain and return **potatoes** to the same pot, off heat. Mash **cream** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**.



#### Finish and serve

Divide mash, chicken and veggies between plates. Spoon pan gravy over chicken and mash.

# **Dinner Solved!**