

# HELLO One-Pot Jambalaya-Inspired Chicken with Tomato Rice

Family Friendly

30 Minutes









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 🎥







Chicken Thighs 280 g | 560 g

3/4 cup | 1 1/2 cup

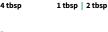






Garlic Blend

2 tbsp | 4 tbsp







1 tbsp | 2 tbsp





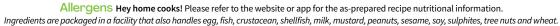
1 | 2



Chicken Stock 1 tbsp | 2 tbsp



7g | 7g





# Prep

- · Before starting, wash and dry all produce.
- Cut celery into ¼-inch pieces.
- Core, then cut **pepper** into 1/4-inch pieces.
- Thinly slice green onion, keeping white and green parts separate.
- Roughly chop cilantro.



## Sear chicken

🔘 Swap | Chicken Breasts

#### 🗘 Swap | Tofu 🕽

- Pat **chicken** dry with paper towels.
- Season chicken all over with Smoked-Paprika Garlic Blend and salt.
- Heat a large non-stick pan over medium-high heat. When hot add 1 tbsp (2 tbsp) oil, then chicken.
- Cook until golden-brown, 2-3 min per side.
- Transfer chicken to a plate. Set aside. (NOTE: You will finish cooking the chicken in step 4.)



- Add pepper, celery and green onion whites. Cook, stirring often, until tender-crisp,
- often, until coated, 1 min.
- Add 1 ¼ cups (2 ½ cups) water, stock powder and tomato sauce base. Stir to combine.



# Sear veggies

- 2-3 min.
- Add rice and garlic puree. Cook stirring



# Cook jambalaya

- Bring rice mixture to a boil over high.
- Once boiling, add chicken, then reduce heat to low.
- Cover and cook until rice is tender and chicken is cooked through, 14-16 min.\*\*



## Finish and serve

#### 🗘 Swap | Tofu

- Transfer chicken to plate. Add 2 tbsp (4 tbsp) butter to jambalaya, then stir to combine.
- Divide jambalaya between plates. Top with chicken.
- Sprinkle green onions and cilantro over top. (TIP: Drizzle your favourite hot sauce over top for an extra kick!)

2 Cook chicken breasts

Swap | Chicken Breasts

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.\*\*

1 tbsp

oil

### 2 | Cook tofu

Measurements

within steps

O Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut tofu in half parallel to the cutting board (NOTE: You will have two square tofu steaks). Season tofu with salt, pepper and Smoked Paprika-Garlic Blend. Heat a large non-stick pan over medium heat. When hot add 1 tbsp (2 tbsp) oil, then tofu. Cook, flipping once, until tofu is crispy, 2-3 min per side. Transfer tofu to a plate. Set aside.

# 5 | Finish and serve

O Swap | Tofu

Top jambalaya with tofu.