



One-Pot Jambalaya-Inspired Chicken with Tomato Rice

Family Friendly 30 Minutes

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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)



 Swap	 Swap
Chicken Breasts*	Tofu
2 4	1 2
	
Chicken Thighs	Jasmine Rice
280 g 560 g	¾ cup 1 ½ cup
	
Tomato Sauce Base	Smoked Paprika-Garlic Blend
2 tbsp 4 tbsp	1 tbsp 2 tbsp
	
Green Bell Pepper	Garlic Puree
1 2	1 tbsp 2 tbsp
	
Celery	Green Onion
3 6	1 2
	
Chicken Stock Powder	Cilantro
1 tbsp 2 tbsp	7 g 7 g

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.

1



Prep

- Before starting, wash and dry all produce.

- Cut **celery** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onion**, keeping white and green parts separate.
- Roughly chop **cilantro**.

4



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.**

2



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.)

5



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!)

3



Sear veggies

- Add **pepper**, **celery** and **green onion whites**. Cook, stirring often, until tender-crisp, 2-3 min.
- Add **rice** and **garlic puree**. Cook stirring often, until coated, 1 min.
- Add **1 ¼ cups** (2 ½ cups) **water**, **stock powder** and **tomato sauce base**. Stir to combine.

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****

2 | Cook tofu

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

Swap | Tofu

Top **jambalaya** with **tofu**.



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

** 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.