

BALSAMIC ONION CHICKEN with Mashed Potatoes and Garlicky Kale



BALSAMIC ONION JAM

Featuring slivers of onion cooked with vinegar and chopped tomato, it's a tangy-sweet treat.



Roma Tomato

Red Onion



Yukon Gold

Potatoes



Parmesan Cheese (Contains: Milk)

Sour Cream

(Contains: Milk)

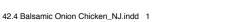


Chicken Breasts

Balsamic

Vinegar





START STRONG

The kale can be made on the stove in step 5: Heat a drizzle of olive oil in your large pan, then add the kale and water. Cook over medium-high heat 4-6 minutes. Add the garlic and cook 1 minute more.

BUST OUT

 Medium pot 	 Paper towel
• Strainer	• Large pan
• Potato masher	• Large bowl
 Medium pan 	• Plastic wrap
• Olive oil (4 tsp 8 tsp)	

• Sugar (½ tsp | 1 tsp)

• Butter (2 TBSP | 4 TBSP) (Contains: Milk)

—— INGREDIENTS ——	
Ingredient 2-person 4-person	
Red Onion	1 2
• Roma Tomato	1 2
• Kale	4 oz 8 oz
• Garlic	2 Cloves 4 Cloves
Yukon Gold Potatoes	12 oz 24 oz
Parmesan Cheese	¼ Cup ½ Cup
Sour Cream	4 TBSP 8 TBSP
 Balsamic Vinegar 	5 tsp 10 tsp
Chicken Breasts	12 oz 24 oz







PREP

Wash and dry all produce. Halve, peel, and thinly slice onion. Core and finely chop tomato. Remove and discard tough stems and ribs from **kale**; roughly chop leaves. Chop garlic. Cut potatoes into 1-inch cubes and place in a medium pot with enough water to cover by 2 inches.



MASH POTATOES

Bring **potatoes** to a boil. Cook until tender, about 15 minutes. Reserve ½ **cup cooking water**, then drain and return to pot. Mash to desired consistency. Stir in **Parmesan**, **sour cream**, and **1 TBSP butter**. (**TIP:** If needed, add cooking water 1-2 TBSP at a time to create a creamy consistency.) Season with **salt** and **pepper**. Cover pot and set aside.



MAKE ONION JAM

Meanwhile, heat another **1 TBSP butter** and a drizzle of **olive oil** in a medium pan over medium heat (we used nonstick). Add **onion**, ¹/₂ **tsp sugar**, and a pinch of **salt** and **pepper**. Cook, tossing occasionally, until softened, about 10 minutes. Increase heat to medium high. Stir in **tomato**, **vinegar**, and ¹/₃ **cup tap water**. Cook until jammy, 3-5 minutes. Season with salt and pepper; set aside.



6 FINISH AND SERVE Season kale with salt and pepper. Divide mashed potatoes, kale, and chicken between plates. Spoon onion jam over chicken and serve.

JAMMIN'!

The balsamic onion jam is also nice on burgers and sandwiches.

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COOK CHICKEN

While onion cooks, pat **chicken** dry with a paper towel. Season all over with plenty of **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until no longer pink in center, 6-8 minutes per side. Transfer to pan with **onion jam**. Keep covered off heat until ready to serve.



5 COOK KALE Place kale and 1 TBSP tap water in a large microwave-safe bowl. Cover bowl with plastic wrap. Microwave on high until tender, about 3 minutes. Carefully remove wrap. Heat a drizzle of **olive oil** in large pan used for chicken over medium-high heat. Add **garlic** and cook until fragrant, about 30 seconds. Toss in kale and any liquid in bowl. Cook until liquid evaporates, 1-2 minutes.

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