



Cooking Made Easy

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## Roman Chicken with Mashed Potatoes



Juicy chicken is nestled in a delicious tomato and bell pepper sauce. It's a perfect weeknight dish that's super quick and easy, but also exceptionally delicious. To soak up all that sauce, we've served it over creamy mashed potatoes, but it goes equally well over pasta or even rice.



30 min



level 1



gluten-free



Chicken Breasts



Onion



Diced Tomatoes



Thyme



Parsley



Yellow Bell Pepper



Red Bell Pepper



Garlic



Stock Concentrate



Idaho Potato

Ingredients	2 People	4 People
Chicken Breasts	2	4
Yellow Bell Pepper	1	2
Red Bell Pepper	1	2
Onion	1	2
Garlic	2 cloves	4 cloves
Diced Tomatoes	1 can	2 cans
Thyme	1 sprig	2 sprigs
Parsley	1 bunch	2 bunches
Idaho Potato	12 oz	24 oz
Stock Concentrate	1	2
Olive Oil*	1 T	2 T
Butter*	1 T	2 T

\*Not included

Allergens

7) Milk

Ruler

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**Nutrition per person** Calories: 589 | Carbs: 55 g | Fat: 19 g | Protein: 47 g | Fiber: 9 g



**1** Peel and cut the **potato** into ½-inch cubes and place them in a pot with **water** and a large pinch of **salt**. Bring to a boil, reduce to a simmer, and cook for 15 minutes, or until easily pierced with a knife. Drain and mash with a fork, 1 tablespoon **butter**, and a splash of **water** (or **milk**, if handy). Season with **salt** and **pepper**.



**2** Meanwhile, core, seed, and devein the **bell peppers**, then thinly slice. Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Strip the leaves off the **thyme sprig**. Finely chop the **parsley**.



**3** Heat ½ tablespoon of **olive oil** in a pan over medium heat. Season each **chicken breast** with **salt** and **pepper**. Sear for 2-3 minutes on each side, until golden brown. Set aside.



**4** In the same pan you cooked the chicken in, heat another ½ tablespoon **olive oil** over medium heat. Add the **onions** and **peppers** and season with **salt** and **pepper**. Cook for about 6 minutes, until slightly softened. Add the **thyme leaves** and **garlic** and cook for 30 seconds, until fragrant.

**5** Add the **diced tomatoes**, ½ cup **water**, and **stock concentrate**. Season with **salt** and **pepper** and bring to a boil. Reduce to a simmer and nestle the **chicken** in the sauce. Cook for about 4 minutes, until chicken is cooked through and no longer pink in the middle.

**6** Serve the **mashed potatoes** with a **chicken breast** to the side. Top with a spoonfull **sauce** and a sprinkle of **parsley**.