



**NUTRITION** *per serving* 59g carbohydrates 29g fat 50g protein 1508mg sodium | CONTAINS gluten, dairy



Calories  
**748**



Prep & Cook Time  
**40-50 min.**



Cook Within  
**5 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

1 Yellow Onion  
6 oz. Carrot  
4 Parsley Sprigs  
2 Garlic Cloves  
2 Boneless Skinless Chicken Breasts  
.9 oz. Butter  
5 oz. Dumpling Mix  
4 tsp. Chicken Base  
2 oz. Peas

#### IN YOUR KITCHEN

Salt  
Pepper  
Large Pan  
Mixing Bowl

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## Homestyle Chicken and Dumplings

with peas and carrots

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

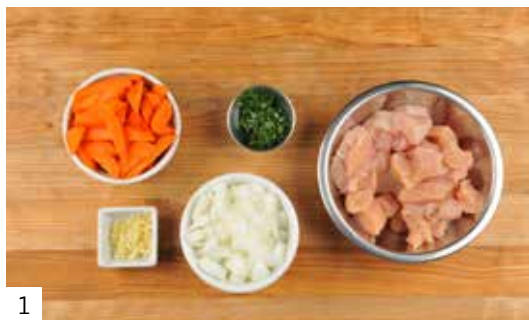
- ☐ **Heads Up! Dumpling mix** is used twice. 4 Tbsp. are added to **chicken mixture** and remaining is in **dumpling dough**.
- ☐ **Heads Up! Parsley** is used twice. Most is added to **dumpling dough** and a pinch garnishes dish.

## FROM THE CHEF

Using wet spoons to drop dumpling dough into simmering liquid ensures that the sticky dough will not stick to the spoons. Re-wet spoons after each dumpling is added to liquid.

### Did you know...

Cuisines around the world share a great many things, and one of those is dumplings. Some of the fun ones to say are kartoffelknoedel (German potato dumplings), pitepalt (Swedish dumplings), svestkove knedily (Czech fruit dumplings), banh bot loc (Vietnamese dumplings), and teochew fun gor (Cantonese shrimp and pork dumplings).



### Prepare the Ingredients

Halve and peel **onion**. Cut halves into ½” dice. Peel, trim, and cut **carrot** into ½” diagonal slices. Stem and mince **parsley**. Mince **garlic**. Rinse **chicken breasts** and pat dry. On a separate cutting board, cut chicken into 1” cubes. Season chicken cubes with ¼ tsp. **salt** and a pinch of **pepper**.



### Cook the Vegetables and Chicken

Heat a large pan over high heat. Add **butter** to hot pan. As soon as butter begins to brown, 45-60 seconds, add **onions, carrots, garlic, chicken**, and ¼ tsp. **salt**. Cook, stirring occasionally, until vegetables begin to soften, 5-7 minutes.



### Add the Dumpling Mix

Stir 4 Tbsp. **dumpling mix** (reserve remaining for dumplings) into pan and make sure dumpling mix is fully incorporated into mixture, 1-3 minutes. Add **chicken base** and 3½ cups **water** to pan. Cover, bring to a boil, reduce to a simmer, and cook 5 minutes. While chicken mixture simmers, make dumpling dough.



### Make the Dumpling Dough

Combine remaining **dumpling mix**, **parsley** (reserve a bit for garnish), ¼ tsp. **salt**, and ¼ cup **water** in a medium mixing bowl. Stir vigorously until a slightly sticky dough forms, 1 minute. If too dry, add water 1 Tbsp. at a time until dough becomes tacky to the touch.



### Cook the Dumplings

Use two wet spoons or wet hands to drop 1” **dumpling dough portion** into pan. Re-wet spoons and repeat for 8-10 dumplings. *Make sure dumplings are at least 1” apart.* Cover and cook 7 minutes. Uncover, turn dumplings, and add **peas**. Re-cover and cook until dumplings are cooked and **chicken** reaches a minimum internal temperature of 165 degrees, 7-10 minutes. (Dumpling insides will appear dry with small bubbles when cooked.)



### Plate the Dish

Spoon **chicken and dumplings** into a bowl and top with reserved **parsley**.