



Saucy Chicken Goulash

with Homemade Spaetzle & Spinach



30min



2 Servings

Goulash is a saucy mixture of meat, broth, and veggies. It originated in Hungary during the 15th century and has remained a staple in the cuisine. The trick to a good goulash? Sweet paprika, a spice made from dried bell peppers. Despite its red color, there's no heat! It has a subtle fruity and pleasantly earthy flavor.

What we send

- 1 bell pepper
- 1 medium yellow onion
- ¼ oz fresh parsley
- 3 oz baby spinach
- 10 oz cubed chicken thighs
- paprika (use 1 Tbsp)
- 5 oz all-purpose flour ³
- tomato paste (use 2 Tbsp)
- 1 pkt chicken broth concentrate

What you need

- kosher salt & pepper
- olive oil
- 1 large egg ¹
- butter ²

Tools

- large pot
- medium skillet
- colander

Allergens

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 27g, Carbs 75g, Protein 42g



1. Prep ingredients

Fill a large pot with 3 inches of **salted water**, then cover and bring to a boil; reserve for step 5. Halve **pepper**, discard stem and seeds, then cut crosswise into thin strips. Peel and finely chop **all of the onion**. Coarsely chop **parsley leaves and tender stems** together. Coarsely chop **spinach**.



4. Make spaetzle dough

Meanwhile, whisk **1 large egg** and **5 tablespoons water** in a medium bowl. Spoon **1 cup of the flour** into a dry measuring cup, without packing or tapping, and level off with a knife. Add to egg mixture along with **½ teaspoon salt** and **several grinds of pepper**, stirring into a thick batter. Transfer dough to a cutting board, then pat or roll into a 6-inch square.



2. Brown chicken & veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **chicken thighs**; season with **salt** and **pepper**. Cook, stirring once, until golden-brown, 5-6 minutes. Use a slotted spoon to transfer to a plate. Add **1 tablespoon oil, onions, and peppers** to skillet over medium-high. Cover and cook, stirring, occasionally, until lightly browned, 5-6 minutes.



5. Cut spaetzle & cook

Carefully, dip a large knife into pot of boiling water to warm. Holding cutting board over pot, cut dough into ¼-inch strips, slowly scraping into the water as you cut (continue to warm knife in water as you go to help release dough). Cook, stirring once or twice, until all of the spaetzle floats to the surface (it's okay if some start to float as you cut), 1-2 minutes.



3. Make goulash

Return **chicken** to skillet, then stir in **1 tablespoon each of the paprika and flour**; cook until fragrant, 1 minute. Stir in **2 tablespoons of the tomato paste** and cook until caramelized, about 1 minute. Stir in **chicken broth concentrate** and **2 cups water**; bring to a boil. Simmer over medium heat, partially covered, until liquid is thickened and chicken is tender, 10-12 minutes.



6. Finish & serve

Drain **spaetzle** and wipe out pot. Add **spinach** and **1 tablespoon butter** to pot over low heat. Stir in **spaetzle** and cook until **spinach** is just wilted, 1-2 minutes. Spoon into bowls and top with **goulash**. Garnish with **chopped parsley**. Enjoy!