



# Cheesy Roasted Chicken

## with Buttery Veggies and Roasted Potatoes

Family Friendly









25-35 Minutes

	
	
Chicken Thighs 280 g   560 g	Tofu 1   2

Customized Protein  Add  Swap or  \*2 Double

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)



	
Chicken Breasts 2   4	White Cheddar Cheese, shredded ½ cup   1 cup
	
Cream Cheese 2   4	Garlic Salt 1 tsp   2 tsp
	
Russet Potato 2   4	Green Peas 113 g   227 g
	
Green Onion 1   2	Carrot 1   2

**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.

**Pantry items** | Oil, unsalted butter, pepper, salt

**Cooking utensils** | 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper, small bowl

1



### Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **½ tsp** (1 tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)

4



### Cook chicken

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden, 2-3 min per side.
- Transfer **chicken** to the prepared baking sheet, then top with **cheese mixture**.
- Roast in the **middle** of the oven until cooked through, 8-10 min.\*\*

2



### Prep cheese mixture

- Meanwhile, thinly slice **green onion**.
- Add **cream cheese** to a small bowl. Stir to soften, 1-2 min.
- Add **cheddar cheese**, **half the green onions** and **¼ tsp** (½ tsp) **garlic salt**. Season with **pepper**, then stir to combine.
- Set aside.

5



### Cook veggies

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Reheat the same pan over medium.
- When hot, add **carrots** and **¼ cup** (½ cup) **water**. Cook for 3 min.
- Add **peas**. Cook, stirring occasionally, until **veggies** are tender and water is absorbed, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **remaining green onions**. Cook, stirring occasionally, until **green onions** are tender, 1-2 min.
- Season with **salt** and **pepper**, to taste.

3



### Prep chicken

Swap | Chicken Thighs

Swap | Tofu

- Pat **chicken** dry with paper towels.
- Season **chicken** all over with **remaining garlic salt** and **pepper**.
- Line a baking sheet with parchment paper. Set aside.

6



### Finish and serve

- Slice cheesy **chicken**.
- Divide **potatoes**, **veggies** and **chicken** between plates.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

### 3 | Prep chicken

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

### 3 | Prep tofu

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half, parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**.

### 4 | Cook tofu

Swap | Tofu

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook until golden, 2-3 min per side. Transfer **tofu** to the prepared baking sheet, then top with **cheese mixture**. Roast in the **middle** of the oven until tender and golden, 6-8 min.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.