



# Cal Smart Chicken Florentine

with Lemon-Garlic Roasted Zucchini

Calorie Smart

45 Minutes



Chicken Breasts



Thyme



Baby Spinach



Garlic, cloves



Yellow Onion



Cream Cheese



Chicken Broth Concentrate



Zucchini



Lemon

HELLO THYME

*This woody herb packs a fragrant and savoury punch!*

## Start here

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

## Bust out

2 Baking sheets, measuring spoons, zester, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Thyme	7 g	7 g
Baby Spinach	113 g	227 g
Garlic, cloves	2	4
Yellow Onion	56 g	113 g
Cream Cheese	43 g	86 g
Chicken Broth Concentrate	1	2
Zucchini	400 g	800 g
Lemon	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

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

## 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.*

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## Prep

Strip **thyme leaves** from stems, then finely chop. Zest **lemon**, then juice **half**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices. Cut **zucchini** into ¼-inch rounds.



## Start cream sauce

While **zucchini** roasts, reheat the same pan (from step 2) over medium-high. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **thyme**, **remaining garlic** and **onions**. Cook, stirring often, until **onions** soften, 1-2 min.



## Cook chicken

Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!) Sear until golden-brown, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Bake in the **bottom** of the oven until **chicken** is cooked through, 12-14 min. \*\* Transfer **chicken** to a plate and cover to keep warm.



## Finish cream sauce

Add **cream cheese**, **broth concentrate** and **½ cup water** (dbl for 4 ppl) to the pan. Season with **salt** and **pepper**, then stir to combine. Bring to a boil. Once boiling, reduce heat to medium and gently simmer until **sauce** thickens slightly, 4-5 min. Add **spinach** to sauce. Stir until **spinach** wilts slightly, 30 sec.



## Roast zucchini

While **chicken** cooks, add **zucchini**, **lemon zest**, **lemon juice**, **half the garlic** and **1 tbsp oil** (dbl for 4 ppl) to another parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until tender-crisp, 12-14 min.



## Finish and serve

Thinly slice **chicken**. Divide **zucchini** and **creamy spinach** between plates. Top **spinach** with **chicken**. Drizzle **remaining cream sauce** over top. Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!