



Caramelized Onion Chicken

with Roasted Potatoes and Broccoli

30 Minutes Family Friendly



Chicken Breasts



Yellow Potato



Broccoli, florets



Red Onion



Lemon-Pepper
Seasoning



Balsamic Vinegar



Garlic Salt

HELLO CARAMELIZED ONIONS
A sweet and savoury chicken topper!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Yellow Potato	300 g	600 g
Broccoli, florets	227 g	454 g
Red Onion	113 g	226 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	1 tsp	2 tsp
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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Roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 25-28 min.



Caramelize onions

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove pan from the heat, then stir in **vinegar**. Transfer **onions** to a plate. Carefully rinse and wipe pan clean.



Prep

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Peel, then cut **onion** into ¼-inch slices.



Cook broccoli

Heat the same pan over medium. When hot, add **½ tbsp butter** (dbl for 4 ppl) and swirl pan until melted, 1 min. Add **broccoli**, **remaining Lemon-Pepper Seasoning** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook, covered stirring occasionally, until tender, 4-5 min. Season with **salt**.



Cook chicken

Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **half the Lemon-Pepper Seasoning**. Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. Transfer to another baking sheet. Bake in the **top** of the oven until **chicken** is cooked through, 10-12 min.**



Finish and serve

Thinly slice **chicken**. Divide **chicken**, **potatoes** and **broccoli** between plates. Top **chicken** with **caramelized onions**.

Dinner Solved!