



Caramelized Onion Chicken

with Potato Coins and Broccoli

Spicy

Quick

25 Minutes



Chicken Breasts



Chicken Thighs



Yellow Potato



Broccoli, florets



Red Onion



Lemon-Pepper Seasoning



Balsamic Vinegar



Garlic Puree



Garlic Salt



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
 Chicken Thighs	280 g	560 g
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 Puree	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.

Contact

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Roast potato coins

Cut **potatoes** into ¼-inch rounds. Add **potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 23-25 min.



Prep

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



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 **chicken** to another unlined baking sheet. Bake in the **top** of the oven until cooked through, 10-12 min.**



CUSTOM RECIPE

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



Caramelize onions

While **chicken** bakes, reheat 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 the pan from heat, then stir in **vinegar**. Transfer **onions** to a plate. Carefully rinse and wipe the pan clean.



Cook broccoli

Reheat the same pan over medium. When hot, add **½ tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 1 min. Add **¼ cup water** (dbl for 4 ppl), **garlic puree** and **remaining Lemon-Pepper Seasoning**. Season with **salt**, then stir to combine. Add **broccoli**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Remove the pan from heat, then cover to keep warm.



Finish and serve

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

Dinner Solved!