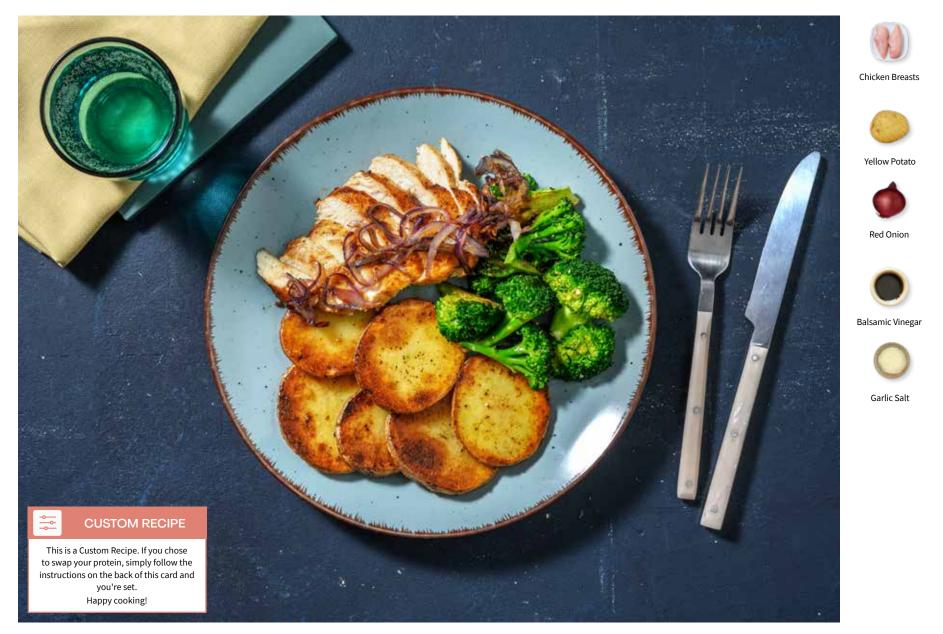


Caramelized Onion Chicken

with Potato Coins and Broccoli

Spicy Quick 2

25 Minutes



- HELLO CARAMELIZED ONIONS A sweet and savoury chicken topper! Broccoli, florets

Lemon-Pepper Seasoning

Garlic Puree

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



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.



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.



Prep

Cook broccoli

Reheat the same pan over medium. When

hot, add ¹/₂ tbsp butter (dbl for 4 ppl), then

¹/₄ 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

heat, then cover to keep warm.

tender-crisp, 4-5 min. Remove the pan from

swirl the pan until melted, 1 min. Add

While **potato coins** roast, cut **broccoli** into bite-sized pieces. Peel, then cut **onion** into 1/4-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**.



Finish and serve

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

Dinner Solved!