



Caramelized Onion Chicken

with Potato Coins and Broccoli

Spicy

Quick

25 Minutes



Chicken Breasts



Chicken Thighs



Yellow Potato



Broccoli, florets



Yellow 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 CARMELIZED 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, parchment paper, large non-stick pan, paper towels, measuring cups

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 |
| Yellow 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 |
| Sugar* | 1 tsp | 2 tsp |
| Unsalted Butter* | ½ tbsp | 1 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.

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 a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 23-25 min.



Caramelize onions

- While **chicken** bakes, 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.
- Reduce heat to medium. Add **garlic puree** and **1 tsp sugar** (dbl for 4 ppl), then 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

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



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.



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-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Bake in the **top** of the oven until cooked through, 10-12 min.**

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!