

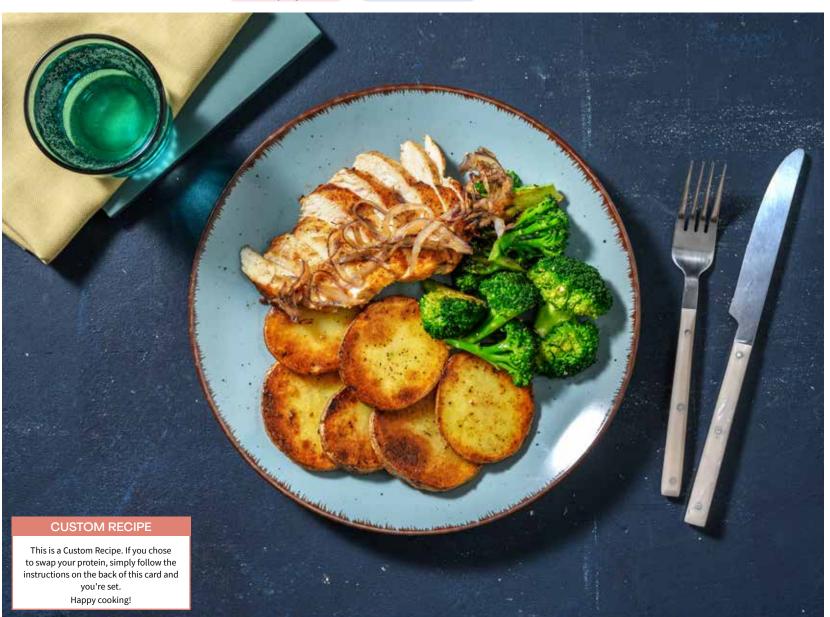
# Caramelized Onion Chicken

with Potato Coins and Broccoli

Spicy

Quick

25 Minutes





Chicken Breasts





Yellow Potato



Broccoli, florets



Yellow Onion



Lemon-Pepper

Seasoning

Garlic Puree



Balsamic Vinegar





Garlic Salt



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

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	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.



#### Prep

- Meanwhile, 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 mediumhigh heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then chicken. Cook until goldenbrown, 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**.



#### 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.



#### 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!**