

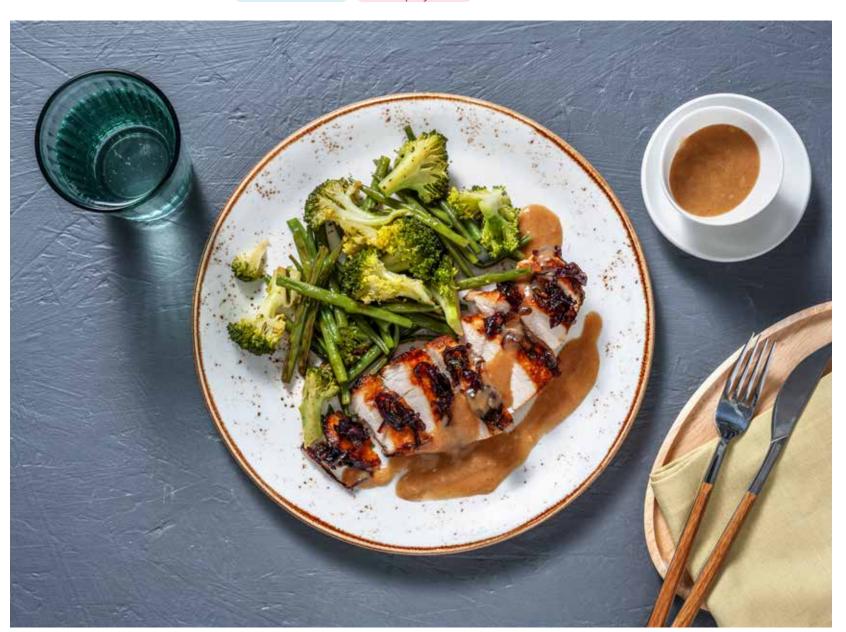
# Carb Smart Caramelized Onion Chicken

with Garlic Broccoli

Carb Smart

Spicy

30 Minutes





Chicken Breasts





Chicken Broth



Concentrate



Lemon-Pepper Seasoning



Garlic Salt



Broccoli, florets

All-Purpose Flour



Green Beans

# Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

#### **Bust out**

Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts •	2	4
Red Onion	113 g	226 g
Chicken Broth Concentrate	1	2
Garlic	6 g	12 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Broccoli, florets	227 g	454 g
Green Beans	170 g	340 g
Unsalted Butter*	2 tbsp	4 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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#### Caramelize onions

Cut **onion** into ½-inch slices. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until golden-brown, 6-7 min. Add **1 tsp sugar** and **1 tbsp water** (dbl both for 4 ppl), then season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pot from heat.



#### Start chicken

While onions caramelize, pat chicken dry with paper towels. Season with half the garlic salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then chicken. Sear until chicken is golden-brown, 1-2 min per side. (NOTE: It's okay if it doesn't cook all the way through in this step!) Remove the pan from heat, then transfer chicken to a parchment-lined baking sheet.



#### Finish chicken

Top **chicken** with **caramelized onions**. Roast in the **middle** of the oven until **chicken** is cooked through, 14-16 min.\*\*



# Cook veggies

While **chicken** roasts, cut **broccoli** into bitesized pieces. Trim **green beans**. Peel, then mince or grate **garlic**. Heat the same pan (from step 2) over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec. Add **broccoli**, **green beans** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook covered, stirring occasionally, until tender, 4-5 min. Add **garlic**, **Lemon-Pepper Seasoning** and **half of the remaining garlic salt**. Cook, stirring often, until fragrant, 1 min. Transfer **veggies** to a plate and cover to keep warm. Carefully wipe the pan clean.



# Make gravy

Heat the same pan over medium. When hot, add 1 tbsp butter (dbl for 4 ppl), then swirl the pan until melted, 30 sec. Add flour and remaining garlic salt. Cook, whisking often, until mixture turns golden, 1 min. Slowly whisk in ½ cup water (dbl for 4 ppl) and broth concentrate. Season with pepper. Bring to a boil and cook, whisking often, until gravy thickens slightly, 2-3 min.



## Finish and serve

Thinly slice chicken, if desired. Divide caramelized onion chicken and veggies between plates. Spoon gravy over top.

# **Dinner Solved!**