



Carb Smart Caramelized Onion Chicken

with Garlic Broccoli

Carb Smart Spicy 30 Minutes



Chicken Breasts



Red Onion



Chicken Broth Concentrate



Garlic



Lemon-Pepper Seasoning



All-Purpose Flour



Garlic Salt



Broccoli, florets



Green Beans

HELLO CAMELIZED ONIONS

Slowly sautéing onions brings out their natural sugars!

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.



Cook veggies

While **chicken** roasts, cut **broccoli** into bite-sized 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.



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.



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 chicken

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



Finish and serve

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

Dinner Solved!