



Carb Smart Chicken in Onion Gravy with Roasted Veggies

Carb Smart 35 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Breasts



Double Chicken Breasts



Chicken Stock Powder



Yellow Onion



Soy Sauce



Cream Sauce Spice Blend



Brussels Sprouts



Carrot



Red Potato



Montreal Spice Blend

HELLO MONTREAL SPICE BLEND
The perfect blend of spices for chicken!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, vegetable peeler, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Double Chicken Breasts	4	8
Chicken Stock Powder	1 tbsp	2 tbsp
Yellow Onion	1	2
Soy Sauce	½ tbsp	1 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Brussels Sprouts	170 g	340 g
Carrot	1	2
Red Potato	250 g	500 g
Montreal Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt*		

* 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.

1



Roast veggies

- Peel, then cut **carrot** into ¼-inch rounds.
- Halve **any Brussels sprouts** larger than 1 inch.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, carrots, Brussels sprouts, half the stock powder, half the Montreal Spice Blend, 2 tbsp (4 tbsp) water and 1 tbsp (2 tbsp) oil** to a parchment-lined baking sheet, then toss to coat.

4



Make gravy

- Add **Cream Sauce Spice Blend** and **remaining stock powder** to the pan with **onions**.
- Cook, stirring constantly, until combined, 30 sec.
- Gradually stir in **1 cup (2 cups) water** and **soy sauce**. Cook, stirring often, until combined and **gravy** comes to a simmer.

2



Finish prep

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, peel, then cut **onion** into ¼-inch slices.
- Pat **chicken** dry with paper towels. Season with **remaining Montreal Spice Blend**.

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.

5



Finish chicken

- When simmering, return **chicken** and **any juices** on the plate to the pan with **gravy**.
- Cover and cook, flipping halfway through, until **chicken** is cooked through, 3-4 min per side.**
- Remove from heat. (**TIP:** To thicken gravy even more, once chicken is removed from the pan, continue cooking gravy a few minutes longer until it reaches desired consistency.)

3



Cook chicken and onions

- When the pan is hot, add **½ tbsp (1 tbsp) butter**, then swirl the pan to melt.
- Add **chicken**. Cook until golden-brown, 3-4 min per side. (**NOTE:** Chicken will finish cooking in step 5.)
- Transfer **chicken** to a plate.
- Add **1 tbsp (2 tbsp) butter** to the pan, then **onions**.
- Cook, stirring occasionally, until **onions** start to caramelize, 5-7 min. Season with **salt**.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Spoon **onion gravy** over **chicken**.

Dinner Solved!



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