



Carb Smart Saganaki-Style Chicken

with Feta and Roasted Veggies

Carb Smart

30 Minutes



Chicken Breasts



Red Onion



Zucchini



Sweet Bell Pepper



Feta Cheese,
crumbled



Marinara Sauce



Lemon-Pepper
Seasoning



Baby Spinach

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

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

Bust out

Baking sheet, measuring spoons, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Chicken Breasts ♦ | 2 | 4 |
| Red Onion | 113 g | 226 g |
| Zucchini | 200 g | 400 g |
| Sweet Bell Pepper | 320 g | 640 g |
| Feta Cheese, crumbled | ½ cup | 1 cup |
| Marinara Sauce | ½ cup | 1 cup |
| Lemon-Pepper Seasoning | 1 tbsp | 2 tbsp |
| Baby Spinach | 56 g | 113 g |
| 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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1 Prep

Cut **zucchini** in half lengthwise, then into ½-inch half-moons. Core, then cut **peppers** into 1-inch pieces. Peel, then cut **onion** into ½-inch pieces. Roughly chop **spinach**.



4 Roast chicken and veggies

Roast in the **middle** of the oven until **veggies** are tender-crisp and **chicken** is cooked through, 12-14 min.** (**NOTE:** For 4 ppl, roast in the top and the middle of oven, rotating sheets halfway through.)



2 Season veggies

Add **zucchini, peppers** and **1 tbsp oil** (dbl for 4 ppl) to one side of a baking sheet (whole baking sheet for 4 ppl). Season with **salt** and **pepper**, then toss to combine.



5 Make sauce

Heat the same pan (from step 3) over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 2-3 min. Add **marinara, spinach** and **remaining Lemon-Pepper Seasoning**. Season with **salt**, to taste, then stir until **spinach** wilts, 1-2 min.



3 Pan-fry chicken

Pat **chicken** dry with paper towels. Season with **salt**, then sprinkle with **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**. Pan-fry until golden, 2-3 min per side. Remove pan from heat, then transfer **chicken** to the other side of the baking sheet with **veggies**. (**NOTE:** For 4 ppl, use a separate baking sheet for the chicken.)



6 Finish and serve

Thinly slice **chicken**. Divide **chicken** and **veggies** between plates. Spoon **sauce** over **chicken**, then sprinkle **feta** over top.

Dinner Solved!