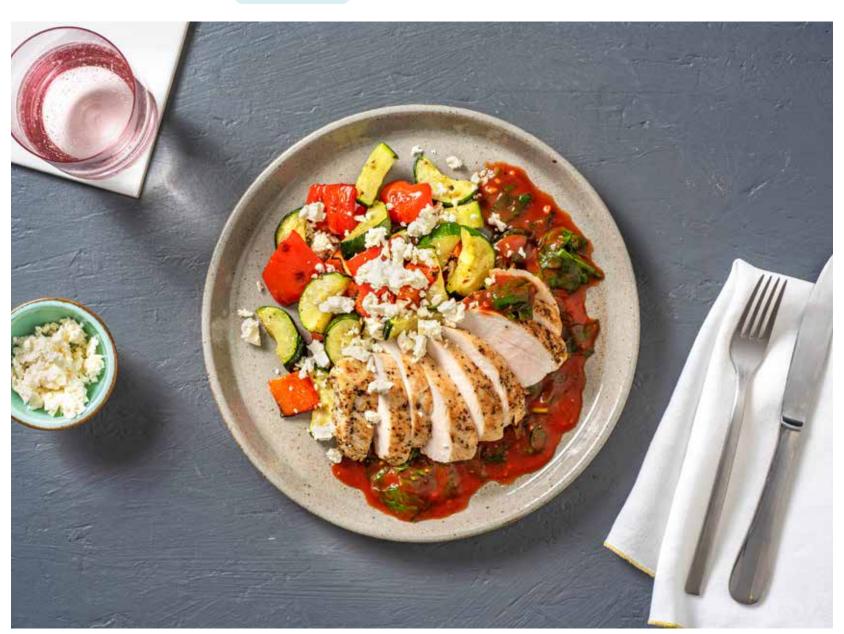


Carb Smart Saganaki-Style Chicken

with Feta and Roasted Veggies

Carb Smart

30 Minutes





Chicken Breasts



Red Onion



Zucchini



Sweet Bell Pepper



Feta Cheese,



crumbled



Lemon-Pepper Seasoning



Baby Spinach

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

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	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.



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**.



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.



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.)



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.)



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.



Finish and serve

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

Dinner Solved!

Contact

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