



Carb Smart Sheet Pan Chicken

with Chickpeas and Veggies

Carb Smart 30 Minutes



Chicken Breasts



Chickpeas



Zucchini



Baby Tomatoes



Red Onion



Italian Seasoning



Basil Pesto



Baby Spinach



Balsamic Glaze

HELLO CHICKPEAS

These legumes are also known as garbanzo beans!

Start here

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

Bust out

2 Baking sheets, measuring spoons, strainer, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chickpeas	370 ml	740 ml
Zucchini	200 g	400 g
Baby Tomatoes	113 g	227 g
Red Onion	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Basil Pesto	¼ cup	½ cup
Baby Spinach	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Drain and rinse **chickpeas**. Cut **zucchini** in half lengthwise, then into ½-inch half-moons. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



Make spinach salad

Add **half the balsamic glaze** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt and pepper**, then whisk to combine. Add **spinach**, then toss to coat.



Roast veggies

Add **chickpeas, zucchini, tomatoes, onions, half the Italian Seasoning** and **2 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt and pepper**, then toss to combine. Roast in the **middle** of the oven until **veggies** are tender and golden-brown, 20-22 min.



Finish and serve

Thinly slice **chicken**. Divide **chicken, chickpeas, veggies** and **salad** between plates. Drizzle **remaining balsamic glaze** over **chicken** and **veggies**.

Dinner Solved!



Cook chicken

While **veggies** roast, pat **chicken** dry with paper towels. Season with **salt and pepper**, then sprinkle with **remaining Italian Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. Transfer to another unlined baking sheet, then spread **pesto** over tops of **chicken**. Roast in the **top** of the oven until cooked through, 10-14 min.**