



# Carb Smart Sheet Pan Chicken with Chickpeas and Veggies

Carb Smart

30 Minutes



Chicken Breasts



Chickpeas



Zucchini



Baby Tomatoes



Red Onion



Baby Spinach



Basil Pesto



Italian Seasoning



Garlic Salt



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
Baby Spinach	56 g	113 g
Basil Pesto	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
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

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## Prep

Using a strainer, drain and rinse **chickpeas**. Cut **zucchini** in half lengthwise, then into ½-inch-thick 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, garlic salt, half the Italian Seasoning** and **2 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **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. Spoon **pesto** over **chicken**. Drizzle **remaining balsamic glaze** over **chicken** and **veggies**.

## Dinner Solved!



## Cook chicken

Meanwhile, pat **chicken** dry with paper towels. Season with **salt, pepper** and **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. Roast in the **top** of the oven until cooked through, 12-14 min.\*\*