



# 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.\*\*