



Carb Smart Sheet Pan Chicken

with Chickpeas and Veggies

Carb Smart

30 Minutes



Chicken Breasts



Chickpeas



Zucchini



Basil Pesto



Garlic Salt



Balsamic Glaze



Yellow Onion



Carrot

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 non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chickpeas	370 ml	740 ml
Zucchini	200 g	400 g
Basil Pesto	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Balsamic Glaze	1 tbsp	2 tbsp
Yellow Onion	113 g	226 g
Carrot	170 g	340 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

- Using a strainer, drain and rinse **chickpeas**.
- Halve **zucchini**, then cut into ½-inch half-moons.
- Peel, then halve **carrots** and cut into ¼-inch half-moons.
- Peel, then cut **onion** into ½-inch pieces.



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- 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 **chicken** to the other side of the baking sheet with **veggies**. Roast in the **top** of the oven until cooked through, 12-14 min.**



Roast chickpeas and onions

- Add **chickpeas, onions, half the garlic salt** and **2 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. (**TIP:** We love to use olive oil for roasting chickpeas!) Season with **pepper**, then toss to combine.
- Roast in the **middle** of the oven, tossing halfway through, until **onions** are tender and **chickpeas** are golden-brown, 20-22 min.



Finish and serve

- Thinly slice **chicken**.
- Divide **chicken, chickpeas** and **veggies** between plates.
- Spoon **pesto** over **chicken**.
- Drizzle **balsamic glaze** over **chicken** and **veggies**.

Dinner Solved!



Season veggies

- Meanwhile, add **zucchini, carrots** and **1 tbsp oil** (dbl for 4 ppl) to another unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Arrange on one side of the baking sheet. Set aside.