



Carb Smart Tuscan Chicken

with Balsamic Sauce and Roasted Veggies

Carb Smart

30 Minutes



Chicken Breasts



Baby Tomatoes



Green Beans



Italian Seasoning



Balsamic Glaze



Garlic



Chicken Broth Concentrate

HELLO ZUCCHINI

The name for this popular veggie comes from "zucca," the Italian word for squash!

Start here

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

Bust out

Baking sheet, measuring spoons, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Baby Tomatoes	113 g	227 g
Green Beans	340 g	680 g
Italian Seasoning	1 tbsp	2 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Garlic	3 g	6 g
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Trim, then halve **green beans**. Peel, then mince or grate **garlic**.



Season veggies

Add **green beans, tomatoes, half the Italian Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to one side of a baking sheet. Season with **salt** and **pepper**, then toss to combine.



Sear chicken

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**. Sear until **chicken** is golden-brown, 1-2 min per side. Transfer to the other side of the baking sheet with **veggies**.



Roast chicken and veggies

Roast **chicken** and **veggies** in the **middle** of the oven until **chicken** is cooked through and **veggies** are tender, 10-12 min.**



Make sauce

While **chicken** and **veggies** roast, heat the same pan (from step 3) over medium-low. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec. Add **¼ cup water** (dbl for 4 ppl), **broth concentrate** and **balsamic glaze**. Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min. Remove pan from heat.



Finish and serve

Thinly slice **chicken**. Divide **chicken** and **veggies** between plates. Drizzle **balsamic sauce** over **chicken**.

Dinner Solved!