



Cheesy Caramelized Onion Chicken

with Buttery Garlic Broccoli and Cauliflower

Carb Smart

30 Minutes



Chicken Breasts



Red Onion



Mozzarella Cheese, shredded



Broccoli and Cauliflower Mix



Garlic



Lemon-Pepper Seasoning

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO CARAMELIZED ONIONS

Slowly sautéing onions brings out their natural sweet sugars!

Start here

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

Bust Out

Baking sheet, measuring spoons, medium pot, parchment paper, large non-stick pan, paper towels, garlic press

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Red Onion	1	2
Mozzarella Cheese, shredded	½ cup	1 cup
Broccoli and Cauliflower Mix	285 g	570 g
Garlic	6 g	12 g
Lemon-Pepper Seasoning	1 tbsp	1 tbsp
Sugar*	1 tsp	2 tsp
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

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Caramelize onions

Cut the **onion** into ½-inch slices. Heat a medium pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then the **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add 1 **tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pan from the heat.



Cook veggies

While the **chicken** roasts, cut the **broccoli** and **cauliflower mix** into bite-sized pieces. Peel, then mince or grate the **garlic**. Heat the same pan (from step 2) over medium heat. Add 1 **tbsp butter** (dbl for 4 ppl) and swirl pan until melted, 30 sec. Add **broccoli and cauliflower mix** and 2 **tbsp water** (dbl for 4 ppl). Stir together. Cook, covered, stirring occasionally, until tender, 3-4 min. Add the **garlic** and **lemon-pepper seasoning**. Stir to combine, until fragrant, 1 min. Remove from heat.



Start chicken

While the **onions** caramelize, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to a parchment-lined baking sheet.



Finish and serve

Divide the **cheesy caramelized onion chicken** and **broccoli and cauliflower mix** between plates!

Dinner Solved!



Finish chicken

Top **chicken** with the **caramelized onions** and sprinkle with **cheese**. Roast in the **middle** of the oven, until **chicken** is cooked through, 15-17 min.**