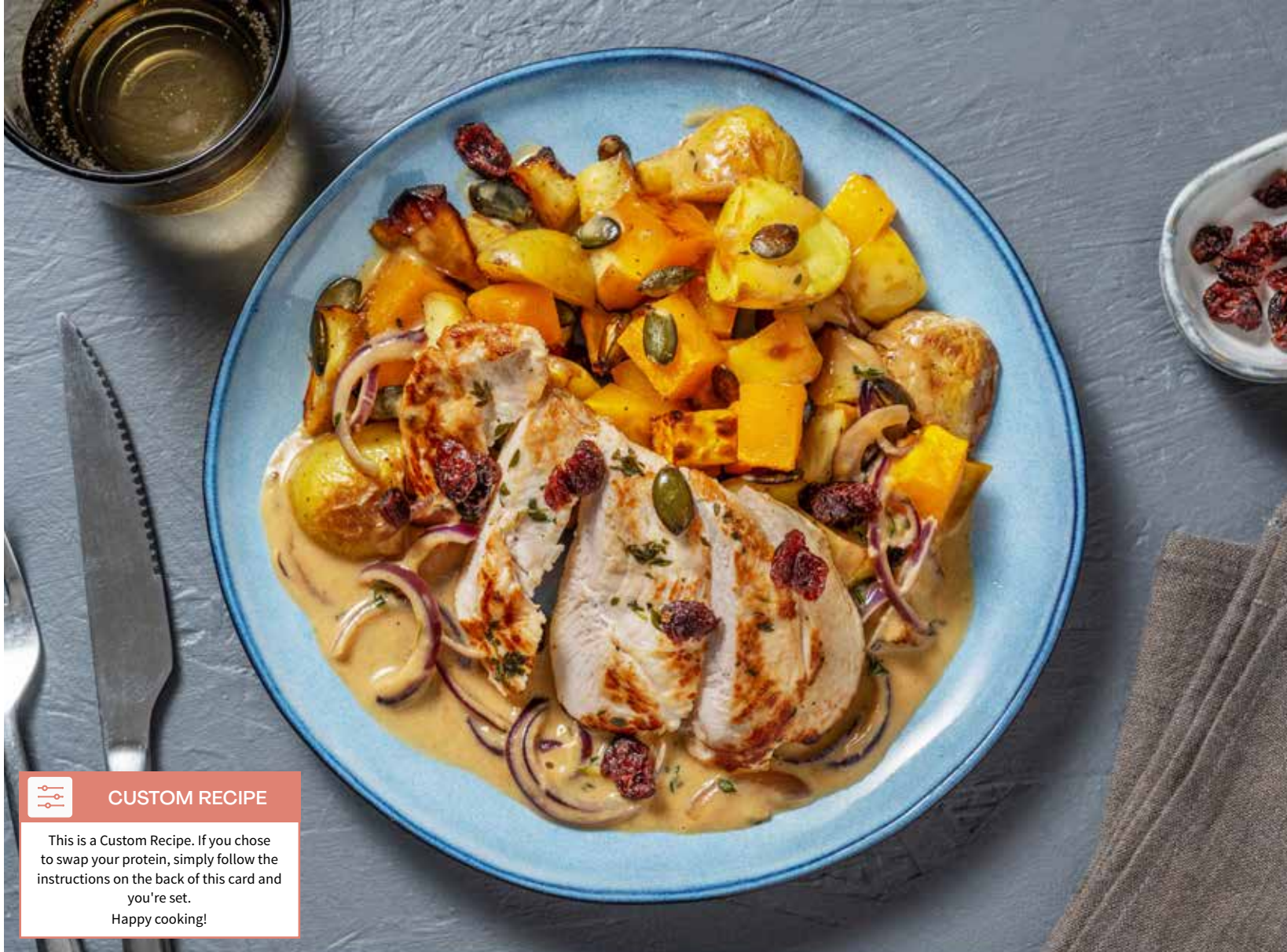




Sheet Pan Chicken and Veggies

with Garlicky Pan Gravy

30 Minutes



Chicken Breasts



Chicken Thighs



Gala Apple



Butternut Squash, cubes



Red Onion, sliced



Thyme



Garlic Puree



Pepitas



Dried Cranberries



Chicken Broth Concentrate



Sour Cream



Yellow Potato



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Chicken Thighs	4	8
Gala Apple	1	2
Butternut Squash, cubes	170 g	340 g
Red Onion, sliced	56 g	113 g
Thyme	7 g	7 g
Garlic Puree	1 tbsp	2 tbsp
Pepitas	28 g	28 g
Dried Cranberries	¼ cup	¼ cup
Chicken Broth Concentrate	2	4
Sour Cream	3 tbsp	6 tbsp
Yellow Potato	300 g	600 g
Unsalted Butter*	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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Roast veggies

Cut **apple** into 1-inch pieces. Cut **potatoes** into 1-inch pieces. Add **squash, potatoes, apples** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 24-25 min. (**NOTE:** Stir veggies before adding chicken and pepitas to the sheet in step 3.)



Make garlicky pan gravy

While **chicken** and **veggies** roast, heat the same pan (from step 2) over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **onions, garlic puree** and **remaining thyme**. Cook, stirring often, until fragrant, 1-2 min. Add **1 cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **gravy** thickens slightly, 3-4 min. Remove the pan from heat, season with **salt** and **pepper**, then whisk in **sour cream**.



Season and sear chicken

While **veggies** roast, strip **½ tbsp of thyme leaves** (dbl for 4 ppl) from stems. Pat **chicken** dry with paper towels. Season with **salt, pepper** and **half the thyme**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.

CUSTOM RECIPE

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Finish and serve

Thinly slice **chicken**, if desired. Divide **chicken** and **veggies** between plates. Spoon **pan gravy** over top. Sprinkle with **cranberries**.

Dinner Solved!



Finish chicken

Remove the pan from heat. Transfer **chicken** to the baking sheet with **veggies**. Sprinkle **pepitas** over **veggies**. Roast in the **middle** of the oven until **squash** is tender and **chicken** is cooked through, 10-12 min.**