



# Savoury Sheet Pan Chicken

with Roasted Veg and Pan Gravy

35 Minutes



Chicken Breasts



Yellow Potato



Broccoli, florets



Carrot



Parsley and Thyme



Chicken Broth Concentrate



Sour Cream



Red Onion



Garlic

HELLO PAN GRAVY!

*It's easy to add more flavour to the humble chicken breast with a simple pan gravy!*

## Start here

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

## Bust Out

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

## Ingredients

|                           | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Breasts ♦         | 2        | 4        |
| Yellow Potato             | 360 g    | 720 g    |
| Broccoli, florets         | 227 g    | 454 g    |
| Carrot                    | 170 g    | 340 g    |
| Parsley and Thyme         | 14 g     | 21 g     |
| Chicken Broth Concentrate | 1        | 2        |
| Sour Cream                | 3 tbsp   | 6 tbsp   |
| Red Onion                 | 56 g     | 113 g    |
| Garlic                    | 3 g      | 6 g      |
| Unsalted Butter*          | 2 tbsp   | 4 tbsp   |
| Oil*                      |          |          |
| Salt and Pepper*          |          |          |

\* Pantry items

\*\* 74°C/165°F

♦ 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 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.*

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## Roast veggies

Cut **broccoli** into bite-sized pieces. Peel, then cut **carrot** into ¼-inch rounds. Cut **potatoes** into ¼-inch pieces. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Toss **potatoes, broccoli, carrots, half the thyme** and **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Arrange evenly into a single layer. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 22-24 min. (**NOTE:** Stir veggies before adding chicken in step 4.)



## Finish chicken

Remove the pan from heat. Transfer **chicken** to the baking sheet, on top of the **veggies**. Roast in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.\*\*



## Finish prep

While the **veggies** roast, peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl). Peel, then mince or grate the **garlic**. Roughly chop the **parsley**. Pat the **chicken** dry with paper towels. Season **chicken** with **salt, pepper** and **remaining thyme**.



## Make pan gravy

Heat the same pan (from step 3) over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **onions** and **garlic**. Cook, stirring often, until **onions** soften, 2-3 min. Add **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **gravy** slightly thickens, 3-4 min. Remove pan from heat, then stir in **sour cream** and **parsley**. Season with **salt** and **pepper**.



## Sear chicken

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, 3-4 min per side.



## Finish and serve

Divide **chicken** and **veggies** between plates. Spoon **pan gravy** over top.

## Dinner Solved!