



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	300 g	600 g
Broccoli, florets	227 g	454 g
Carrot	170 g	340 g
Parsley and Thyme	14 g	14 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

** 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.

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Roast veggies

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



Finish chicken

Remove the pan from heat. Add **broccoli** to the baking sheet with **veggies**. Toss to combine. Transfer **chicken** to the baking sheet, placing on top of **veggies**. Roast in the **middle** of the oven, until **broccoli** is tender and **chicken** is cooked through, 12-14 min. **



Finish prep

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



Make pan gravy

While **chicken and veggies** roast, heat the same pan (from step 3) over medium. 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** thickens slightly, 3-4 min. Remove the pan from heat, then stir in **sour cream** and **half the parsley**. Season with **salt** and **pepper**.



Sear chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 3-4 min per side.



Finish and serve

Slice **chicken**. Divide **chicken and veggies** between plates. Spoon **pan gravy** over top. Sprinkle with **remaining parsley**.

Dinner Solved!