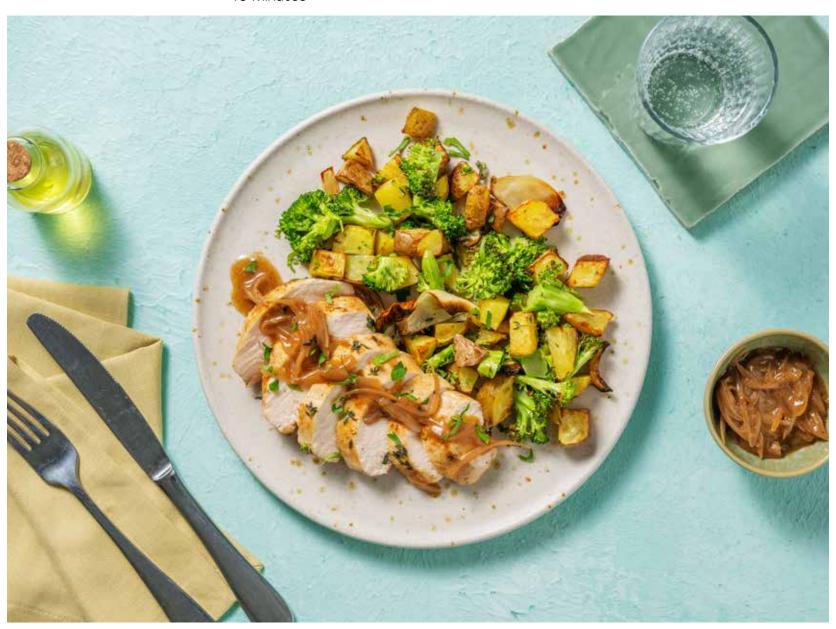


# Savoury Sheet Pan Chicken

with Roasted Veg and Pan Gravy

40 Minutes







Yellow Potato

Yellow Onion

Garlic, cloves

Chicken Breasts



Broccoli, florets





Chicken Broth Concentrate





Gravy Spice Blend



Shallot



**Dried Rosemary** 

## 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, large non-stick pan, paper towels

## Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Yellow Potato	300 g	600 g
Broccoli, florets	227 g	454 g
Parsley	7 g	7 g
Chicken Broth Concentrate	1	2
Yellow Onion	113 g	226 g
Gravy Spice Blend	2 tbsp	4 tbsp
Garlic, cloves	1	2
Shallot	50 g	100 g
Dried Rosemary	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of  $74^{\circ}$ C/ $165^{\circ}$ 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

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# Roast veggies

- Peel, then quarter **onion**. Separate **onion petals**.
- Cut **potatoes** into ½-inch pieces.
- Add potatoes, onions, half the dried rosemary 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 prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate garlic.
- Peel, then thinly slice **shallot**.
- Roughly chop parsley.
- Pat chicken dry with paper towels. Season with salt, pepper and remaining dried rosemary.



#### Sear chicken

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



#### Finish chicken

- Carefully remove the baking sheet with **veggies** from the oven.
- Add broccoli, then toss to combine.
- Arrange chicken on top of veggies.
- Return the baking sheet to the middle of the oven and roast until broccoli is tender and chicken is cooked through, 12-14 min.\*\*



## Make pan gravy

- Meanwhile, heat the same pan (from step 3) over medium.
- When hot, add 2 tbsp butter (dbl for 4 ppl), then shallots and garlic. Cook, stirring often, until shallots soften, 2-3 min.
- Sprinkle **Gravy Spice Blend** over top. Cook, stirring often, until fragrant, 1 min.
- Add 1 cup water (dbl for 4 ppl) and broth concentrate. Cook, stirring often, until gravy thickens slightly, 2-3 min.



## Finish and serve

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

# **Dinner Solved!**