



Savoury Sheet Pan Chicken

with Roasted Veg and Pan Gravy

40 Minutes



Chicken Breasts



Yellow Potato



Broccoli, florets



Parsley



Chicken Broth Concentrate



Yellow Onion



Gravy Spice Blend



Garlic, cloves



Shallot



Dried Rosemary

HELLO ROSEMARY

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, 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
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°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

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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 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.**



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**.



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.



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.
- Remove the pan from heat.



Finish and serve

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

Dinner Solved!