



# Sheet-Pan Chicken and Balsamic Onions

with Rosemary Roasted Potatoes and Green Beans

Family Friendly 30 Minutes



Chicken Breasts



Balsamic Glaze



Green Beans



Red Onion



Rosemary



Garlic Salt



Yellow Potato

## HELLO BALSAMIC ONIONS

*We love these balsamic onions. Sweet, tart, and juicy. The perfect chicken pairing.*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium bowl, measuring spoons, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	340 g	680 g
Balsamic Glaze	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Red Onion	113 g	226 g
Rosemary	1 sprig	2 sprig
Garlic Salt	½ tsp	1 tsp
Yellow Potato	360 g	720 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
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 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Cook potatoes

Cut the **potatoes** into ½-inch pieces. Strip **1 tbsp rosemary** (dbl for 4 ppl) from the stem then finely chop. Toss the **potatoes** with **½ tbsp oil**, **¼ tsp garlic salt** (dbl both for 4 ppl), and **half the rosemary** on a parchment-lined baking sheet. Season with **pepper**. Roast, in the **middle** of the oven, until golden-brown, 25-28 min.



## Roast chicken and veggies

Add the **green beans** to the baking sheet with the **potatoes** and toss to combine. Place the **seared chicken** on top of the **veggies**. Roast in the **middle** of the oven, until **veggies** are tender and **chicken** is cooked through, 10-12 min.\*\*



## Prep veggies

While the **potatoes** roast, trim the **green beans**. Peel, halve, then cut the **onion** into ¼-inch slices. Toss **green beans** in a medium bowl with **½ tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Set aside.



## Make balsamic onions

While the **chicken** and **veggies** roast, heat the same pan (from step 3) over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **remaining rosemary**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pan from the heat, then stir in **half the balsamic glaze** (all for 4 ppl) and **1 tbsp water** (dbl for 4 ppl).



## Start chicken

Pat the **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt, 30 sec. Add the **chicken** and sear, until golden-brown, 2-3min per side.



## Finish and serve

Thinly slice the **chicken**. Divide the **veggies** between plates. Top with the **chicken**. Spoon the **balsamic onions** over the **chicken**.

## Dinner Solved!