



Sheet-Pan Chicken and Balsamic Onions

with Roasted Potatoes and Green Bean Medley

Family Friendly

30 Minutes



Chicken Breasts



Balsamic Glaze



Green Beans



Red Onion, sliced



Italian Seasoning



Garlic Salt



Yellow Potato



Baby Tomatoes

HELLO BALSAMIC ONIONS

We love these balsamic onions. Sweet, tart and juicy, they're the perfect chicken pairing!

Start here

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

Bust out

2 Baking sheets, 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, sliced	113 g	226 g
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Yellow Potato	360 g	720 g
Baby Tomatoes	113 g	227 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.

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Cook potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes, half the Italian Seasoning, ½ tbsp oil** and **¼ tsp garlic salt** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 25-28 min.



Roast chicken and veggies

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



Prep veggies

While **potatoes** roast, trim **green beans**. Add **green beans, tomatoes** and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat.



Make balsamic onions

While **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**. 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 pan from heat, then stir in **half the balsamic glaze** (use all for 4 ppl) and **1 tbsp water** (dbl for 4 ppl).



Start chicken

Pat **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 **remaining Italian Seasoning, 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 until melted, 30 sec. Add **chicken** and sear until golden-brown, 2-3 min per side.



Finish and serve

Thinly slice **chicken**. Divide **chicken** and **veggies** and **potatoes** between plates. Spoon **balsamic onions** over **chicken**.

Dinner Solved!