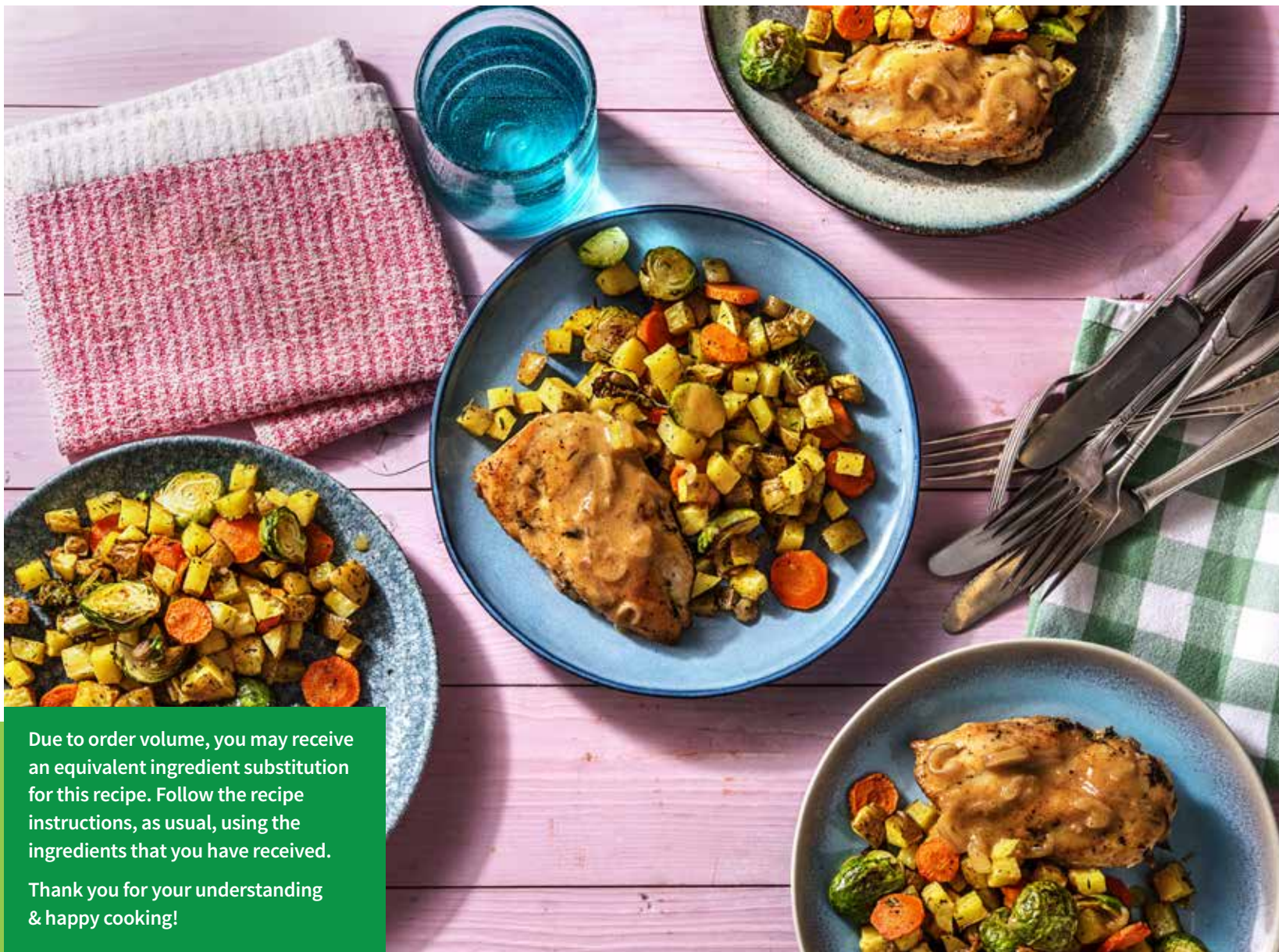




Sheet Pan Roast Chicken

with Roasted Veg and Pan Gravy

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Brussels Sprouts



Carrot



Yellow Potato



Shallot



Thyme



Chicken Broth Concentrate



Garlic



Sour Cream



Garlic Salt

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, large non-stick pan, paper towels, measuring spoons, large bowl, measuring cups

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Brussels Sprouts	170 g	227 g
Carrot	170 g	340 g
Yellow Potato	300 g	600 g
Shallot	50 g	100 g
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Garlic	6 g	12 g
Sour Cream	3 tbsp	6 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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Prep

Halve **Brussels sprouts**. Peel, then cut **carrot** into ¼-inch rounds. Cut **potatoes** into ½-inch pieces. Peel, then cut **shallot** into ½-inch slices. Peel, then mince or grate **garlic**. Strip **1 tbsp thyme leaves** (dbl for 4ppl) from stems, then finely chop.



Roast chicken

Remove the pan from heat. Transfer **chicken** to the baking sheet, on top of **veggies**. Roast in the **middle** of the oven, until **chicken** is cooked through, 10-12 min. **



Roast veggies

Toss **potatoes**, **Brussels sprouts**, **carrots**, **half the shallots**, **half the garlic**, **half the thyme** and **1 tbsp oil** (dbl for 4ppl) on a baking sheet. Arrange evenly into a single layer. Sprinkle over **half the garlic salt** and season with **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 22-24 min. (NOTE: In Step 4, stir veggies again before adding chicken.)



Make pan gravy

While **veggies** and **chicken** cook, heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4ppl), then **remaining shallots** and **remaining garlic**. Cook, stirring often, until **shallots** soften, 2-3 min. Add **½ cup water** (dbl for 4ppl) and **broth concentrates**. Cook, stirring often, until **gravy** slightly thickens, 4-5 min. Remove pan from heat, then stir in **sour cream**.



Start chicken

While **veggies** roast, pat **chicken** dry with paper towels. Add **chicken**, **remaining thyme**, **remaining garlic salt** and **½ tbsp oil** (dbl for 4ppl) in a large bowl. Season with **pepper**. Toss to coat. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **chicken**. Cook, until golden-brown, 2-3 min per side.



Finish and serve

Divide **chicken** and **veggies** between plates. Spoon over **pan gravy**.

Dinner Solved!