



Sheet Pan Roast Chicken

with Roasted Veggies and Pan Gravy

35 Minutes



Chicken Breasts



Carrot



Brussels Sprouts



Yellow Potato



Red Onion



Thyme



Chicken Broth Concentrate



Garlic



Sour Cream



All-Purpose Flour



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, measuring cups, vegetable peeler, measuring spoons, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Carrot	170 g	340 g
Brussels Sprouts	227 g	454 g
Yellow Potato	360 g	720 g
Red Onion	56 g	113 g
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Garlic	6 g	12 g
Sour Cream	3 tbsp	6 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter* Oil*	1 tbsp	2 tbsp
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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1



Prep

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

4



Roast chicken

Remove the pan from heat. Transfer **chicken** to the baking sheet, on top of **veggies**. (**NOTE:** Give the veggies a stir before adding the chicken.) Roast in middle of oven the, until **chicken** is cooked through, 10-12 min.**

2



Roast veggies

Add **potatoes**, **Brussels sprouts**, **carrots**, **half the onions**, **half the garlic**, **half the thyme** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with pepper and **half the garlic salt**, then toss to combine. Arrange evenly into a single layer. Roast in the middle of the oven, stirring halfway through cooking, until golden-brown, 22-24 min.

5



Make pan gravy

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

3



Start chicken

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

6



Finish and serve

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

Dinner Solved!