

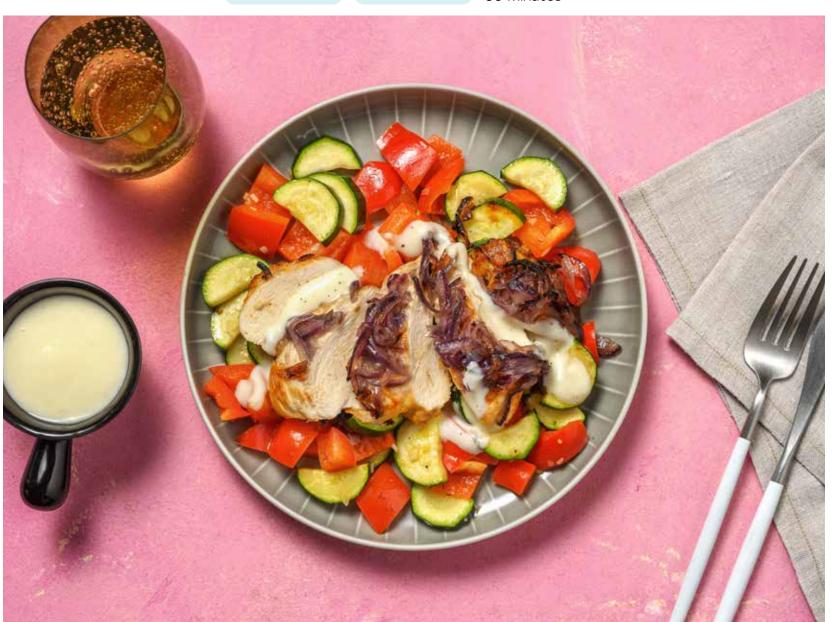
# Smart Caramelized Onion Chicken

with Garlic Zucchini and Peppers

Carb Smart

Calorie Smart

30 Minutes





Chicken Breasts





Garlic, cloves



Chicken Salt

Zucchini





Gravy Spice Blend



Sweet Bell Pepper

## Start here

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

#### **Bust out**

Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Red Onion	113 g	226 g
Garlic, cloves	2	4
Chicken Salt	1 tbsp	2 tbsp
Gravy Spice Blend	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Sugar*	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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### Caramelize onions

- Peel, then cut **onion** into ½-inch slices.
- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until goldenbrown, 6-7 min.
- Add 1 tsp sugar and 1 tbsp water (dbl both for 4 ppl), then season with salt. Cook, stirring occasionally, until onions are dark goldenbrown, 3-4 min.
- Remove the pot from heat.



#### Start chicken

- Meanwhile, pat chicken dry with paper towels.
- · Season with half the chicken salt and pepper.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 1-2 min per side. (NOTE: It's okay if chicken doesn't cook all the way through in this step.)
- Remove the pan from heat, then transfer
  chicken to a parchment-lined baking sheet.



# Finish chicken and prep

- Top chicken with caramelized onions.
- Roast in the **middle** of the oven until **chicken** is cooked through, 14-16 min.\*\*
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then mince or grate garlic.



## Cook veggies

- Heat the same pan (from step 2) over medium.
  Add 1 tbsp butter, then swirl the pan until melted, 30 sec.
- Add **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min.
- Add garlic and remaining chicken salt. Cook, stirring often, until veggies are fragrant, 1-2 min.
- Transfer **veggies** to a plate, then cover to keep warm.



## Make gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec.
- Add **Gravy Spice Blend**. Cook, whisking often, until **butter** and **Gravy Spice Blend** are combined and fragrant, 1 min.
- Slowly whisk in 1 cup water (dbl for 4 ppl).
  Bring to a boil.
- Once boiling, cook, whisking often, until **gravy** thickens slightly, 2-3 min.
- Season with salt and pepper.



## Finish and serve

- Thinly slice chicken, if desired.
- Divide caramelized onion chicken and veggies between plates.
- Spoon gravy over top.

## **Dinner Solved!**