



Smart Caramelized Onion Chicken

with Garlic Zucchini and Peppers

Carb Smart

Calorie Smart

30 Minutes



Chicken Breasts



Red Onion



Garlic, cloves



Chicken Salt



All-Purpose Flour



Zucchini



Sweet Bell Pepper



Chicken Broth Concentrate



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HELLO CARAMELIZED ONIONS

Slowly sautéing onions brings out their natural sugars!

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

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Onion	113 g	226 g
Garlic, cloves	2	4
Chicken Salt	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Chicken Broth Concentrate	1	2
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 ¼-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 golden-brown, 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 golden-brown, 3-4 min.
- Remove the pot from heat.



Cook veggies

- Heat the same pan (from step 2) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), 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.



Prep and cook 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.
- Remove the pan from heat, then transfer **chicken** to a parchment-lined baking sheet.
- Roast **chicken** in the **middle** of the oven until cooked through, 14-16 min. **



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 **caramelized onions** and **flour**. Cook, stirring often, until **onions** are coated with **flour**, 1 min.
- Slowly whisk in **1 cup water** (dbl for 4 ppl) and **stock concentrate**. Bring to a boil.
- Once boiling, cook, whisking often, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Prep

- 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**.



Finish and serve

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

Dinner Solved!