



Thyme Chicken and Roasted Zucchini

with Caramelized Onion Pan Sauce and Garlic Mash

30 Minutes



Chicken Breasts



Zucchini



Thyme



Onion, sliced



Garlic, cloves



Chicken Broth Concentrate



Russet Potato



Italian Seasoning



Scan the QR code to tell us about your delivery experience.

HELLO ZUCCHINI
Juicy, sweet and versatile!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, potato masher, strainer, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Zucchini	200 g	400 g
Thyme	7 g	7 g
Onion, sliced	113 g	226 g
Garlic, cloves	1	2
Chicken Broth Concentrate	1	2
Russet Potato	460 g	920 g
Italian Seasoning	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ 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

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep

- Peel, then cut **potatoes** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Cut **zucchini** into ¼-inch rounds.
- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Pat **chicken** dry with paper towels. Sprinkle with **thyme** and **half the Italian Seasoning**. Season with **salt** and **pepper**.



Caramelize onions

- Meanwhile, heat the same pan over medium.
- When hot, add **½ tsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **1 tsp sugar** (dbl for 4 ppl). Cook, stirring occasionally, until **onions** are dark golden-brown, 2-3 min.



Cook potatoes

- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.



Make pan sauce

- Add **broth concentrate**, **half the garlic**, **¼ cup water** and **1 tbsp butter** (dbl both for 4 ppl) to the pan with **onions**. Cook, stirring occasionally, until **sauce** reduces slightly, 2-4 min.
- Season with **salt** and **pepper**, to taste.



Cook chicken and zucchini

- Meanwhile, add **zucchini**, **remaining Italian Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden, 2-3 min per side.
- Transfer **chicken** to the baking sheet with **zucchini**.
- Roast in the **middle** of the oven until **chicken** is cooked through, 8-10 min.**



Finish and serve

- When **potatoes** are done, drain and return them to the same pot, off heat.
- Mash **remaining garlic** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**, to taste.
- Slice **chicken**.
- Divide **mash**, **zucchini** and **chicken** between plates.
- Spoon **pan sauce** over **chicken**.

Dinner Solved!