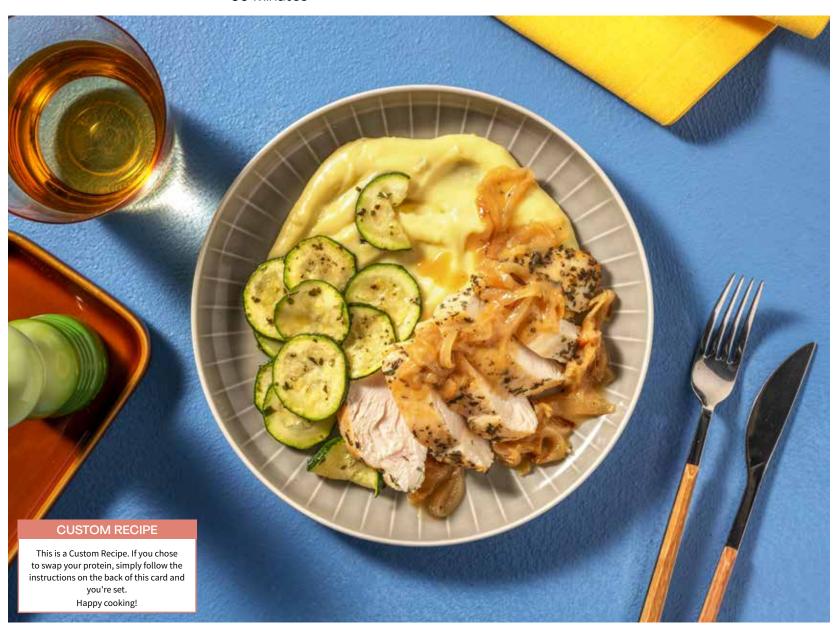


# Thyme Chicken and Roasted Zucchini

with Caramelized Onion Pan Sauce and Garlic Mash

30 Minutes





**Chicken Breasts** 







Zucchini



Onion, sliced



Thyme

Garlic, cloves



Chicken Broth Concentrate



Russet Potato



Italian Seasoning

# 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, vegetable peeler

# Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Thighs •	280 g	560 g
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, 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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#### Prep

- Peel, then cut **potatoes** into ½-inch pieces.
- Peel, then mince or grate garlic.
- Cut **zucchini** into 1/4-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**.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



### 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.



#### 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 mediumhigh heat.
- When hot, add ½ **tbsp 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.\*\*



## Caramelize onions

- Meanwhile, heat the same pan over medium.
- When hot, add ½ **tbsp 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 goldenbrown, 2-3 min.



### Make pan sauce

- Add broth concentrate, half the garlic,
  1/4 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.



#### 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.