



French Onion Dip Chicken

with Potato Wedges and Carrots

Family Friendly 25-35 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Thighs +
280 g | 560 g

Swap



Tofu
1 | 2

Double



Chicken Breasts +
4 | 8



Chicken Breasts +
2 | 4



Mayonnaise
4 tbsp | 8 tbsp



Sour Cream
1 | 2



Crispy Shallots
28 g | 56 g



Dill-Garlic Spice Blend
1 tsp | 2 tsp



Russet Potato
2 | 4



Carrot
2 | 4



Zesty Garlic Blend
1 tbsp | 2 tbsp

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.

Pantry items | Salt, oil, milk, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, parchment paper, vegetable peeler

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Peel **carrots**, halve lengthwise, then cut into ¼-inch half-moons.
- Cut **potatoes** into ¼-inch wedges.

2



Roast potato wedges

- To an unlined baking sheet, add **potatoes**, **half the Zesty Garlic Blend** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven for 25-28 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the bottom and top of the oven, rotating sheets halfway through.)

4



Roast chicken and carrots

- Transfer **chicken** to one side of a parchment-lined baking sheet.
- Add **carrots** to the other side of the baking sheet. Drizzle **½ tbsp (1 tbsp) oil** over top, then season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven for 12-14 min, until **chicken** is cooked through and **carrots** are tender.**

5



Mix French onion dip

- To a medium bowl, add **crispy shallots**, **sour cream**, **mayo**, **Dill-Garlic Spice Blend** and **1 tbsp (2 tbsp) milk**. Season with **pepper**, then stir to combine.

3



Sear chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breasts**

- Pat **chicken** dry with paper towels, then season with **remaining Zesty Garlic Blend** and **salt**.
- Heat a large non-stick pan over medium-high.
- When hot, add **½ tbsp (1 tbsp) oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook for 1-2 min per side, until golden.

6



Finish and serve

- Divide **chicken**, **potato wedges** and **carrots** between plates.
- Serve **French onion dip** on the side for dipping.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Sear chicken

🔄 Swap | **Chicken Thighs**

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

3 | Sear tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season and roast **tofu** the same way the recipe instructs you to season and roast **chicken**, decreasing roasting time to 6-8 min, until golden.

3 | Sear chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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