



Savoury Sheet Pan Chicken

with Roasted Veg and Pan Gravy

30 Minutes

Customized Protein

+ Add

Swap

or

*2 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

Double



Chicken Breasts
4 | 8



Chicken Breasts
2 | 4



Yellow Potato
350 g | 700 g



Broccoli
227 g | 454 g



Chicken Broth Concentrate
1 | 2



Yellow Onion
1 | 2



Gravy Spice Blend
2 tbsp | 4 tbsp



Garlic, cloves
1 | 2



Shallot
1 | 2



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 | Oil, pepper, salt, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper

1



Prep and roast veggies

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

- Peel, then quarter **onion**. Separate **onion petals**.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, onions, half the Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Arrange in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min. (**NOTE:** Stir veggies before adding chicken and broccoli in step 4.)

4



Finish chicken

- Carefully remove the baking sheet with **veggies** from the oven.
- Add **broccoli**, then toss to combine.
- Arrange **chicken** on top of **veggies**.
- Return baking sheet to the **middle** of the oven and roast until **broccoli** is tender and **chicken** is cooked through, 12-14 min.**

2



Finish prep

🔄 Swap | **Chicken Thighs**

×2 Double | **Chicken Breasts**

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.
- Peel, then thinly slice **shallot**.
- Pat **chicken** dry with paper towels. Season with **salt, pepper** and **remaining Zesty Garlic Blend**.

3



Sear chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook until golden-brown, 3-4 min per side.
- Remove from heat.

5



Make pan gravy

- Meanwhile, heat the same pan (from step 3) over medium.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **shallots** and **garlic**. Cook, stirring often, until **shallots** soften, 2-3 min.
- Sprinkle **Gravy Spice Blend** over top. Cook, stirring often, until fragrant, 1 min.
- Add **1 cup** (2 cups) **water** and **broth concentrate**. Cook, stirring often, until **gravy** thickens slightly, 2-3 min.

6



Finish and serve

- Slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Spoon **pan gravy** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Finish prep

🔄 Swap | **Chicken Thighs**

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

2 | Finish prep

×2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to 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 74°C/165°F, as size may vary.