



Classic Roasted Chicken Breast Sheet Pan

with Potatoes, Peas and Cream of Chicken Gravy

Family Friendly 30 - 40 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 	↻ Swap
Turkey Breast Portions 340 g 680 g	Chicken Thighs 280 g 560 g



 Chicken Breasts 2 4	 Yellow Potato 350 g 700 g
 Sugar Snap Peas 113 g 227 g	 Garlic Salt 1 tsp 2 tsp
 Red Onion 1 2	 Chicken Broth Concentrate 2 4
 Cream Sauce Spice 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, unsalted butter, pepper, milk, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring spoons, medium bowl, paper towels, whisk

1



Prep and roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

2



Prep and start chicken

Swap | [Turkey Breast Portions](#)

Swap | [Chicken Thighs](#)

- Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp oil**, then **chicken**. (**NOTE**: Cook in 2 batches for 4 ppl, using ½ tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side. Remove from heat. (**NOTE**: Chicken will finish cooking in next step.)
- Meanwhile, peel, then halve **onion**. Cut into 1-inch pieces.

3



Finish chicken

Swap | [Chicken Thighs](#)

- When flipping **potatoes**, sprinkle over **onions**, then place **chicken** on top.
- Roast in the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 10-12 min.**

4



Cook sugar snap peas

- Trim **peas**.
- Reheat the same pan (from step 2) over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt. Add **snap peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, to taste. Transfer to a medium bowl, then cover to keep warm.

5



Make cream of chicken gravy

- Reduce heat of the pan to medium.
- Add **2 tbsp** (4 tbsp) **butter** to the same pan. Swirl the pan until melted, 30 sec.
- Sprinkle over **Cream Sauce Spice Blend**. Cook, stirring constantly, until fragrant, 30 sec.
- Whisk in **¼ cup** (½ cup) **water** and **broth concentrates**. Cook, stirring often, until slightly thickened, 1-2 min.
- Whisk in **¼ cup** (½ cup) **milk**. Cook until warmed through, 1 min.
- Season with **pepper**, to taste.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **sugar snap peas** between plates.
- Divide **roasted potatoes** and **onions** between plates.
- Top with **chicken**, then **cream of chicken gravy**.

Measurements
within steps

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

2 | Prep and start turkey

Swap | [Turkey Breast Portions](#)

If you've opted to get **turkey breast portions**, cut into **2** (4) **equal pieces**. Cook them in the same way the recipe instructs you to cook the **chicken breasts****.

2 & 3 | Prep, start and finish chicken

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**.

* 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.