



Crispy Shallot-Topped Chicken

with Roasted Veggies and 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](http://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4



Chicken Thighs
280 g | 560 g



Gravy Spice Blend
2 tbsp | 4 tbsp



Yellow Potato
350 g | 700 g



Chicken Broth Concentrate
1 | 2



Crispy Shallots
28 g | 56 g



Garlic Powder
1 tsp | 2 tsp



Zucchini
1 | 2



Carrot
1 | 2

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, unsalted butter, salt, milk

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, vegetable peeler, whisk

1



Prep veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **carrot** into ¼-inch rounds.

2



Cook potatoes

- Peel, then cut **potatoes** into 1-inch pieces.
- 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.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy.
- Season with **salt** and **pepper**, to taste.

3



Roast veggies

- Meanwhile, add **carrots**, **zucchini** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **half the garlic powder**, **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven, stirring halfway through, until tender-crisp, 18-20 min.

4



Sear chicken

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- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **half the remaining garlic powder**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Remove from heat. Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 5.)

5



Make gravy and finish chicken

- Add **1 tbsp** (2 tbsp) **butter** to the same pan, then swirl until melted.
- Heat the pan over medium. Sprinkle in **Gravy Spice Blend** and **remaining garlic powder**, then whisk to combine, 30 sec.
- Gradually whisk in **broth concentrate** and **¾ cup** (1 ½ cups) **water** until smooth. Bring to a simmer, whisking occasionally.
- Once simmering, add **chicken** and **any juices** from the plate. Cover and cook, flipping once, until **chicken** is cooked through, 6-8 min.**
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **mash** and **veggies** between plates.
- Spoon **gravy** over top.
- Sprinkle **crispy shallots** over **chicken**.

Measurements
within steps

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

4 | Sear chicken

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If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

* 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.