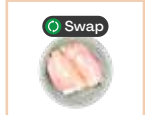




# Classic Roasted Sheet Pan Chicken Breast

## with Potatoes, Peas and Cream of Chicken Gravy

Family Friendly 25-35 Minutes



Chicken Thighs\*  
280 g | 560 g

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)



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 cups, 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 | **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, 2-3 min per side. Remove from heat. (**NOTE**: Chicken will finish cooking in the next step.)
- Meanwhile, peel, then halve **onion**. Cut into 1-inch pieces, then separate into pieces.

3



### Finish chicken

- 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 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 the heat of the pan to medium.
- Add **2 tbsp** (4 **tbsp**) **butter** to the same pan, then swirl 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**, **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

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.

## 2 | Prep and start chicken

🔄 Swap | **Chicken Thighs**

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