



# French Onion Dip Chicken

## with Potato Wedges and Carrots

Family Friendly

30-40 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



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.

Ingredient quantities 56 g | 113 g  
2 person | 4 person

Pantry items | Milk, pepper, oil, salt

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.
- Remove any brown spots from **potatoes** and cut 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 golden. (**NOTE:** For 4 servings, roast in the bottom and top of the oven, rotating sheets halfway through.)

3



## Sear chicken

Swap | Chicken Thighs

Swap | Tofu

- 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 2-3 min per side, until golden.

4



## Roast chicken and carrots

Swap | Tofu

- Transfer **chicken** to one side of a parchment-lined baking sheet. Add **carrots** to the other side.
- 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



## Make French onion dip

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

6



## Finish and serve

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

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

## 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 sear **tofu** the same way the recipe instructs you to season and sear **chicken**.

## 4 | Roast tofu and carrots

Swap | Tofu

Decrease **tofu** roasting time to 6-8 min, until golden. (**TIP:** If carrots need a few minutes longer, remove tofu from oven and continue roasting carrots alone!)

\* 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.