

French Onion Dip Chicken with Potato Wedges and Carrots

Family Friendly 25-35 Minutes







Thighs * 280 g | 560 g





2 4



Sour Cream



1 | 2



Crispy Shallots



Dill-Garlic Spice Blend 1 tsp | 2 tsp



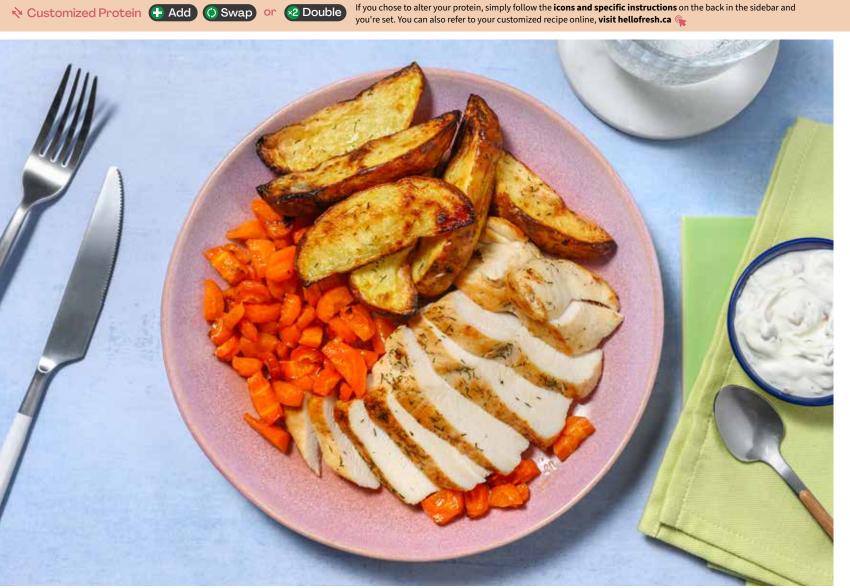


Carrot 2 | 4





2 | 4



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.



Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, parchment paper, vegetable peeler



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.
- Cut **potatoes** into 1/4-inch wedges.



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 tender and golden. (NOTE: For 4 servings, roast in the bottom and top of the oven, rotating sheets halfway through.)



Sear chicken

Swap | Chicken Thighs

🗘 Swap | Tofu

😢 Double | Chicken Breasts

- 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 1-2 min per side, until golden.



Roast chicken and carrots

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



Mix French onion dip

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



Finish and serve

- Divide chicken, potato wedges and carrots between plates.
- Serve French onion dip on the side for dipping.

Measurements within steps

tbsp (2 tbsp)

serving Ingredie

oil

erving 4-serving Ingredie

For 6 servings

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 roast **tofu** the same way the recipe instructs you to season and roast **chicken**, decreasing roasting time to 6-8 min, until golden.

3 | Sear chicken

2 Double | Chicken Breasts

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and 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 165°F.