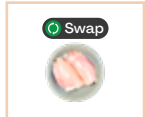




# Carb Smart Chicken in Onion Gravy with Roasted Veggies

Smart Meal 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
- Chicken Stock Powder  
1 tbsp | 2 tbsp
- Yellow Onion  
1 | 2
- Soy Sauce  
½ tbsp | 1 tbsp
- Cream Sauce Spice Blend  
1 tbsp | 2 tbsp
- Green Beans  
170 g | 340 g
- Carrot  
1 | 2
- Red Potato  
250 g | 500 g
- Montreal 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.

1



### Prep and season veggies

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

- Peel, then cut **carrot** into ¼-inch rounds.
- Trim, then halve **green beans**.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, carrots, green beans, half the Montreal Spice Blend, 2 tbsp water** and **1 tbsp oil** to a parchment-lined baking sheet, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with one-quarter of the stock powder, one-quarter of the Montreal Spice Blend, 2 tbsp water and 1 tbsp oil per sheet.)

2



### Roast veggies and finish prep

- Roast **veggies** in the **middle** of the oven, tossing halfway through, until tender and golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating halfway through.)
- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, peel, then cut **onion** into ¼-inch slices.
- Pat **chicken** dry with paper towels. Season with **remaining Montreal Spice Blend**.

3



### Cook chicken and onions

Swap | Chicken Thighs

- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **butter**, then swirl to melt.
- Add **chicken**. Cook until golden-brown, 3-4 min per side. (**NOTE:** Chicken will finish cooking in step 5.)
- Transfer to a plate.
- Add **1 tbsp** (2 **tbsp**) **butter** to the pan, then **onions**.
- Cook, stirring occasionally, until **onions** start to caramelize, 5-7 min. Season with **salt**.

4



### Make onion gravy

- Add **Cream Sauce Spice Blend** and **remaining stock powder** to the pan with **onions**.
- Cook, stirring constantly, until combined, 30 sec.
- Gradually stir in **1 cup** (2 **cups**) **water** and **soy sauce**. Cook, stirring often, until combined and **gravy** comes to a simmer.

5



### Finish chicken

- When simmering, return **chicken** and **any juices** on the plate to the pan with **onion gravy**.
- Cover and cook, flipping halfway through, until cooked through, 3-4 min per side.\*\*
- Remove from heat. (**TIP:** To thicken gravy more, once chicken is removed from the pan, continue cooking gravy a few minutes longer, until it reaches desired consistency.)

6



### Finish and serve

- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Spoon **onion gravy** over **chicken**.

## 3 | Cook chicken thighs

Swap | Chicken Thighs

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



Issue with your meal? Scan the QR code to share your feedback.