



Classic Roasted Chicken Breast Sheet Pan with Potatoes, Green Beans and Cream of Chicken Gravy

Family Friendly 30-40 Minutes



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Chicken Breasts



Double Chicken Breasts



Yellow Potato



Green Beans



Garlic Salt



Red Onion



Chicken Broth
Concentrate



Cream Sauce Spice
Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO GARLIC SALT

Garlic adds a zesty punch to simple salt!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Double Chicken Breasts	4	8
Yellow Potato	300 g	600 g
Green Beans	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Red Onion	1	2
Chicken Broth Concentrate	2	4
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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1



Prep and roast potatoes

- 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.

4



Prep and cook green beans

- Trim **green beans**.
- Heat the same pan (used in step 2) over medium-high.
- When hot, add **green beans** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter**. Cook, stirring often, until **green beans** are tender-crisp, 1 min. Season with **salt** and **pepper**, to taste.
- Transfer to a medium bowl, then cover to keep warm.

2



Prep and start chicken

- 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 hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.
- Meanwhile, peel, then halve **onion**. Cut into 1-inch pieces.

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.

5



Make cream of chicken gravy

- Reduce heat to medium.
- Add **2 tbsp** (4 tbsp) **butter** to the same pan. Swirl the pan 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, 2-3 min.
- Whisk in **¼ cup** (½ cup) **milk**, then remove from heat.
- Season with **salt** and **pepper**, to taste.

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, 8-10 min.**

6



Finish and serve

- Thinly slice **chicken**.
- Divide **green beans** between plates.
- Divide **roasted potatoes and onions** between plates.
- Top with **chicken**, then **cream of chicken gravy**.

Dinner Solved!