



Glazed Chicken Thighs

with Sheet Pan Roasted Veggies

35 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Thighs



Chicken Breasts



Balsamic Glaze



Dried Rosemary



Broccoli, florets



Carrot



Yellow Onion



Baby Potatoes



Garlic Salt



Garlic



Dijon Mustard

HELLO BALSAMIC GLAZE

Both sweet and tart, this flavour-maker works in a variety of dishes!

Start here

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

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, large non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Balsamic Glaze	2 tbsp	4 tbsp
Dried Rosemary	1 tsp	2 tsp
Broccoli, florets	227 g	454 g
Carrot	170 g	340 g
Yellow Onion	113 g	226 g
Baby Potatoes	240 g	480 g
Garlic Salt	1 tsp	2 tsp
Garlic	6 g	12 g
Dijon Mustard	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 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.

Contact

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hello@hellofresh.ca

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Prep and roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, dried rosemary** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



Sear chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min. per side.
- Place **chicken** on **top** of **roasted veggies** and return to the **top** of the oven until cooked through, 4-6 min.**

Sear the **chicken breasts** in the same way the recipe instructs you to sear the **chicken thighs**, then increase the bake time to 8-12 min.**



Roast veggies

- Meanwhile peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **onion** into ¼-inch slices.
- Peel, then mince or grate **garlic**.
- Halve **broccoli florets**.
- Add **broccoli, carrots, onion, garlic** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine.
- Arrange on another parchment-lined baking sheet. Roast in the **top** of the oven, flipping halfway through, until **veggies** are golden-brown, 14-16 min.



Make glaze

- While **chicken** roasts, heat the same pan over medium. When hot, add **2 tbsp butter**, **1 tbsp water** (dbl both for 4 ppl) **Dijon** and **balsamic glaze**.
- Bring to a simmer, 1 min, then remove from heat.



Prep chicken

- While **veggies** roast, pat **chicken** dry with paper towels, then season with **garlic salt** and **pepper**.

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



Finish and serve

- Toss **chicken** in **glaze**.
- Divide **veggies** between plates, then top with **chicken**.
- Spoon **remaining glaze** over top.

Dinner Solved!