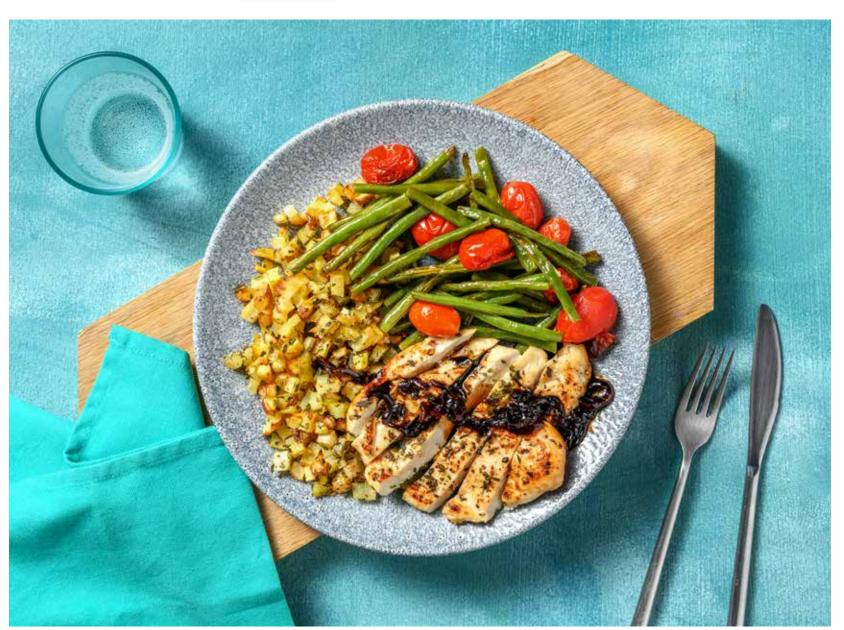


Italian-Style Chicken and Balsamic Onions with Roasted Potatoes and Green Bean Medley

Family Friendly

30 Minutes





Chicken Breasts



Balsamic Glaze





Green Beans





Italian Seasoning





Yellow Potato



Baby Tomatoes

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

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

Ingredients

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	2 Person	4 Person
Chicken Breasts •	340 g	680 g
Balsamic Glaze	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Onion, sliced	113 g	227 g
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Yellow Potato	360 g	720 g
Baby Tomatoes	113 g	227 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
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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Cook potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes**, **half the Italian Seasoning**, ½ **tbsp oil** and ¼ **tsp garlic salt** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 25-28 min.



Prep veggies

While **potatoes** roast, trim **green beans**. Add **green beans**, **tomatoes** and ½ **tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Set aside.



Start chicken

Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **remaining Italian Seasoning**, ¼ **tsp garlic salt** (dbl for 4 ppl) and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl the pan until melted, 30 sec. Add **chicken**. Sear until golden-brown, 2-3 min per side.



Roast chicken and veggies

Place **chicken** on top of **veggies** on the unlined baking sheet. Roast in the **top** of the oven until **veggies** are tender and **chicken** is cooked through, 10-12 min.**



Make balsamic onions

While **chicken** and **veggies** roast, heat the same pan (from step 3) over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pan from heat, then stir in **half the balsamic glaze** (use all for 4 ppl) and **1 tbsp water** (dbl for 4 ppl).



Finish and serve

Thinly slice **chicken**. Divide **chicken**, **veggies** and **potatoes** between plates. Spoon **balsamic onions** over **chicken**.

Dinner Solved!