



# Pan-Seared Thyme Chicken

with Parsley Carrots and Green Beans

30 Minutes



Chicken Tenders



Chicken Broth Concentrate



Onion, chopped



Carrot



Green Beans



Yellow Potato



Parsley and Thyme



Garlic Salt



All-Purpose Flour

HELLO PARSLEY AND THYME

*Dried or fresh, these savoury herbs are the perfect pairing for chicken!*

## Start here

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

## Bust out

2 baking sheets, medium bowl, vegetable peeler, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels, whisk

## Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
Carrot	170 g	340 g
Green Beans	340 g	680 g
Yellow Potato	360 g	720 g
Parsley and Thyme	14 g	14 g
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	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 our meal kit labels for the most current allergen 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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## Roast Potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes**, **half the thyme sprigs** and **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to combine. Roast in the **middle** of the oven, until golden-brown, 20-22 min.



## Cook veggies

While **chicken** bakes, heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted, 1 min. Add **carrots**, **green beans** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook, covered, stirring occasionally, until **veggies** are tender and **water** is absorbed, 4-5 min. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



## Prep

While **potatoes** roast, peel, then cut **carrot** into ¼-inch half-moons. Trim, then halve **green beans**. Roughly chop **parsley**. Strip **1 tsp thyme leaves** (dbl for 4 ppl) off **remaining stems**, then finely chop **leaves**. Pat **chicken** dry with paper towels, then sprinkle with **chopped thyme**. Season with **remaining garlic salt** and **pepper**.



## Make sauce

Add **onions** and **1 tbsp butter** (dbl for 4 ppl) to the same pan. Season with **pepper**. Cook, stirring often, until fragrant, 1 min. Sprinkle **flour** over **onions**. Cook, stirring often, until coated, 1 min. Add **broth concentrate** and **½ cup water** (dbl for 4 ppl). Bring to a boil and cook, whisking often, until thickened slightly, 2-3 min.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to another baking sheet. Bake in the **top** of the oven, until **chicken** is cooked through, 6-8 min. \*\*



## Finish and Serve

Sprinkle **veggies** with **parsley**, then toss to combine. Divide **potatoes**, **veggies** and **chicken** between plates. Drizzle **sauce** over **chicken**.

## Dinner Solved!