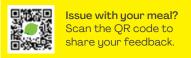


# Savoury Sheet Pan Chicken

with Roasted Veg and Pan Gravy

Family Friendly 40 Minutes









Chicken Breasts

Yellow Potato





Broccoli, florets

Chicken Broth Concentrate





Yellow Onion

Gravy Spice Blend







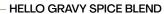
Shallot

Garlic, cloves



Zesty Garlic Blend





# Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps Ingredient

#### Bust out

Baking sheet, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

# **Inaredients**

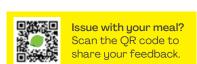
3. 3		
	2 Person	4 Person
Chicken Breasts •	2	4
Yellow Potato	350 g	700 g
Broccoli, florets	227 g	454 g
Chicken Broth Concentrate	1	2
Yellow Onion	113 g	226 g
Gravy Spice Blend	2 tbsp	4 tbsp
Garlic, cloves	1	2
Shallot	50 g	100 g
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt 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.





### Prep and roast veggies

- Peel, then quarter onion. Separate onion petals.
- Cut **potatoes** into ½-inch pieces.
- · Add potatoes, onions, half the Zesty Garlic Blend and 1 tbsp (2 tbsp) oil to a parchmentlined baking sheet. Season with salt and pepper, then toss to combine.
- Arrange in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min. (NOTE: Stir veggies before adding chicken and broccoli in step 4.)



## Finish prep

- · Meanwhile, cut broccoli into bite-sized pieces.
- Peel, then mince or grate garlic.
- Peel, then thinly slice **shallot**.
- Pat chicken dry with paper towels. Season with salt, pepper and remaining Zesty Garlic Blend.



#### Sear chicken

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp (2 tbsp) oil, then **chicken**. Cook until golden-brown, 3-4 min per side.
- · Remove from heat.



#### Finish chicken

- Carefully remove the baking sheet with veggies from the oven.
- Add broccoli, then toss to combine.
- · Arrange chicken on top of veggies.
- Return baking sheet to the middle of the oven and roast until broccoli is tender and chicken is cooked through, 12-14 min.\*\*



### Make pan gravy

- Meanwhile, heat the same pan (from step 3) over medium.
- When hot, add 2 tbsp (4 tbsp) butter, then shallots and garlic. Cook, stirring often, until shallots soften, 2-3 min.
- Sprinkle Gravy Spice Blend over top. Cook, stirring often, until fragrant, 1 min.
- Add 1 cup (2 cups) water and broth concentrate. Cook, stirring often, until gravy thickens slightly, 2-3 min.



#### Finish and serve

- Slice chicken.
- Divide chicken and veggies between plates.
- Spoon pan gravy over top.

# **Dinner Solved!**