



Savoury Sheet Pan Chicken

with Roasted Veg and Pan Gravy

Family Friendly 40 Minutes



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Chicken Breasts



Yellow Potato



Broccoli, florets



Chicken Broth Concentrate



Yellow Onion



Gravy Spice Blend



Garlic, cloves



Shallot



Zesty Garlic Blend

HELLO GRAVY SPICE BLEND

The ideal blend to thicken gravies or sauces and add savoury flavour to any dish!

Start here

- Before starting, preheat the 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, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	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.



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1



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 parchment-lined 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.)

4



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.**

2



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**.

5



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.

3



Sear chicken

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

6



Finish and serve

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

Dinner Solved!