

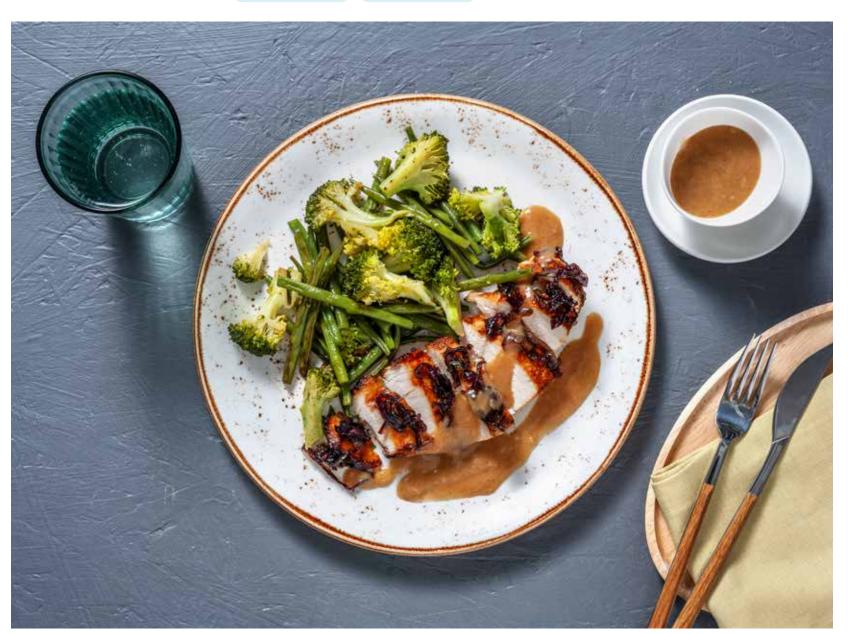
Smart Caramelized Onion Chicken

with Garlic Broccoli and Green Beans

Carb Smart

Calorie Smart

30 Minutes





Chicken Breasts



Red Onion



Chicken Broth



Concentrate



Chicken Salt



Garlic, cloves

All-Purpose Flour



Broccoli, florets



Green Beans

Start here

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

Bust out

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

Ingredients

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|------------------------------|----------|----------|
| | 2 Person | 4 Person |
| Chicken Breasts • | 2 | 4 |
| Red Onion | 113 g | 226 g |
| Chicken Broth Concentrate | 1 | 2 |
| Garlic, cloves | 2 | 4 |
| Chicken Salt | 1 tbsp | 2 tbsp |
| All-Purpose Flour | 1 tbsp | 2 tbsp |
| Broccoli, florets | 227 g | 454 g |
| Green Beans | 170 g | 340 g |
| Sugar* | 1 tsp | 2 tsp |
| 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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Caramelize onions

Peel, then cut **onion** into ½-inch slices. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until goldenbrown,

6-7 min. Add **1** tsp sugar and **1** tbsp water (dbl both for 4 ppl), then season with salt. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pot from heat.



Cook veggies

While **chicken** roasts, cut **broccoli** into ½-inch pieces. Trim **green beans**. Peel, then mince or grate **garlic**. Heat the same pan (from step 2) over medium. Add **1 tbsp butter**, then swirl the pan until melted, 30 sec. Add **broccoli**, **green beans** and ¼ **cup water**. (NOTE: Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp butter and ¼ cup water per batch!) Cook covered, stirring occasionally, until tender, 4-5 min. Add **garlic** and **remaining chicken salt**. Cook uncovered, stirring often, until **veggies** are fragrant and **water** evaporates, 1-2 min. Transfer **veggies** to a plate and cover to keep warm.



Start chicken

While onions caramelize, pat chicken dry with paper towels. Season with half the chicken salt and pepper. Heat a large nonstick 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. (NOTE: It's okay if it doesn't cook all the way through in this step!) Remove the pan from heat, then transfer chicken to a parchment-lined baking sheet.



Finish chicken

Top **chicken** with **caramelized onions**. Roast in the **middle** of the oven until **chicken** is cooked through, 14-16 min.**



Make gravy

Reheat the same pan over medium. When hot, add 1 tbsp butter (dbl for 4 ppl), then swirl the pan until melted, 30 sec. Add flour. Cook, whisking often, until mixture turns golden, 1 min. Slowly whisk in ½ cup water (dbl for 4 ppl) and broth concentrate. Season with salt and pepper, to taste. Bring to a boil. Once boiling, cook, whisking often, until gravy thickens slightly, 2-3 min.



Finish and serve

Thinly slice **chicken**, if desired. Divide **caramelized onion chicken** and **veggies** between plates. Spoon **gravy** over top.

Dinner Solved!