



# Smart Caramelized Onion Chicken

with Garlic Broccoli and Green Beans

Carb Smart

Calorie Smart

30 Minutes



Chicken Breasts



Red Onion



Chicken Broth Concentrate



Garlic, cloves



Chicken Salt



All-Purpose Flour



Broccoli, florets



Green Beans

HELLO CARAMELIZED ONIONS

*Slowly sautéing onions brings out their natural sugars!*

## 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

	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 golden-brown, 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 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. (**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.



## 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 chicken

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



## Finish and serve

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

## Dinner Solved!