

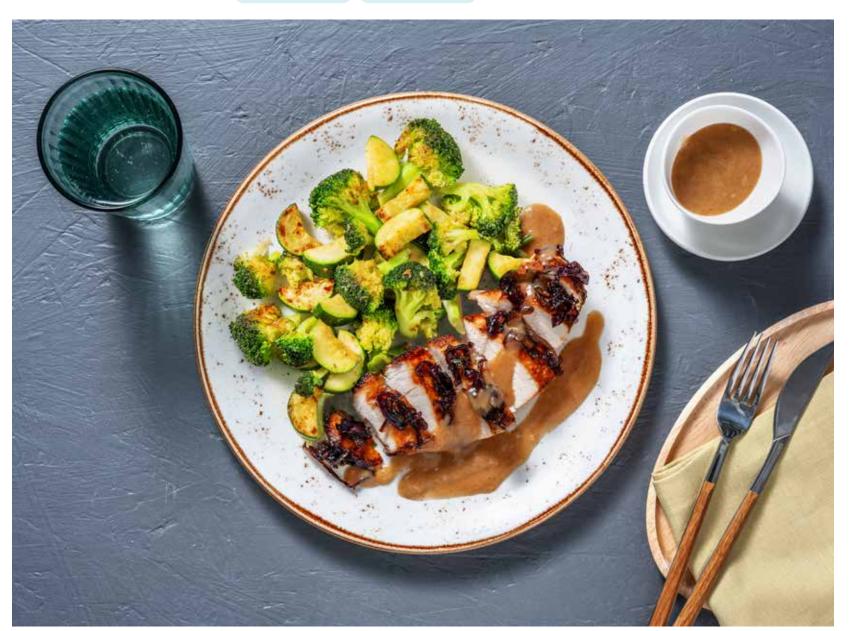
# **Smart Caramelized Onion Chicken**

with Garlic Broccoli and Zucchini

Calorie Smart

Carb Smart

30 Minutes





Chicken Breasts





Chicken Broth







Concentrate



Chicken Salt



All-Purpose Flour

Garlic, cloves



Broccoli, florets



Zucchini

# 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
Zucchini	200 g	400 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1 tsp	2 tsp
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

Meanwhile, cut **broccoli** into ½-inch pieces. Halve zucchini lengthwise, then cut into 1/2-inch-thick half-moons. 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**, zucchini 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.) Cover and cook, stirring occasionally, until veggies are 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

Meanwhile, 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 chicken 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!**