



Smart Caramelized Onion Chicken

with Garlic Zucchini and Peppers

Calorie Smart

Carb Smart

30 Minutes



Chicken Breasts



Red Onion



Garlic, cloves



Chicken Salt



Gravy Spice Blend



Zucchini



Sweet Bell Pepper

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
Garlic, cloves	2	4
Chicken Salt	1 tbsp	2 tbsp
Gravy Spice Blend	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 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

1. Peel, then cut **onion** into ½-inch slices.
2. Heat a medium pot over medium heat.
3. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until golden-brown, 6-7 min.
4. 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.
5. Remove the pot from heat.



Cook veggies

1. Heat the same pan (from step 2) over medium.
2. When hot, add 1 **tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec.
3. Add **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min.
4. Add **garlic** and **remaining chicken salt**. Cook, stirring often, until **veggies** are fragrant, 1-2 min.
5. Transfer **veggies** to a plate, then cover to keep warm.



Start chicken

1. Meanwhile, pat **chicken** dry with paper towels. Season with **half the chicken salt** and **pepper**.
2. Heat a large non-stick pan over medium-high heat.
3. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 1-2 min per side. (**NOTE**: Chicken will finish cooking in step 3.)
4. Remove the pan from heat, then transfer **chicken** to a parchment-lined baking sheet.



Make gravy

1. Add 1 **tbsp butter** (dbl for 4 ppl) to the same pan over medium. Swirl the pan until melted, 30 sec.
2. Add **Gravy Spice Blend**. Cook, whisking often, until **butter** and **Gravy Spice Blend** are combined and fragrant, 1 min.
3. Slowly whisk in 1 **cup water** (dbl for 4 ppl). Bring to a boil.
4. Once boiling, cook, whisking often, until **gravy** thickens slightly, 2-3 min.
5. Season with **salt** and **pepper**, to taste.



Finish chicken and prep

1. Top **chicken** with **caramelized onions**.
2. Roast **chicken** in the **middle** of the oven until cooked through, 14-16 min.**
3. Meanwhile, core, then cut **pepper** into ½-inch pieces.
4. Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
5. Peel, then mince or grate **garlic**.



Finish and serve

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

Dinner Solved!