



Smart Parm-Topped Chicken Thighs

with Roasted Balsamic Veggie Medley

Carb Smart

Calorie Smart

35 Minutes



Chicken Thighs



Zucchini



Sweet Bell Pepper



Parmesan Cheese, shredded



Garlic Powder



Italian Seasoning



Balsamic Glaze



Italian Breadcrumbs



Parsley

HELLO BALSAMIC GLAZE

Both sweet and tart, this flavour maker works in a variety of dishes!

Start here

- Before starting, preheat the oven to 450°F.
- Remove ½ tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Zucchini	400 g	800 g
Sweet Bell Pepper	160 g	320 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Powder	1 tsp	2 tsp
Italian Seasoning	½ tbsp	1 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Parsley	7 g	7 g
Unsalted Butter*	½ tbsp	1 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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Make breadcrumb topping

- Add **breadcrumbs**, **half the garlic powder** and **½ tsp softened butter** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**.
- Using a fork, press **mixture** against the side of the bowl until combined. (**TIP**: You can also rub the breadcrumb mixture between your fingers until combined!)



Prep chicken

- Meanwhile, add **half the parsley** to the bowl with **breadcrumb topping**, then stir to combine.
- Thoroughly pat **chicken** dry with paper towels.
- Add **chicken** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**, **pepper** and **½ tsp Italian Seasoning** (dbl for 4 ppl), then toss to coat.
- Add **chicken** to another parchment-lined baking sheet.
- Sprinkle **Parmesan**, then **breadcrumb topping** over **tops**. Gently pat down to adhere.



Prep

- Core, then cut **pepper** into 1-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half moons.
- Finely chop **parsley**.



Bake chicken

- Bake **chicken** in the **top** of the oven until **topping** is golden-brown and **chicken** is cooked through, 12-14 min.**



Roast veggies

- Add **peppers**, **zucchini**, **balsamic glaze**, **remaining garlic powder**, **1 tsp Italian Seasoning** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **veggies** are tender-crisp, 16-18 min.



Finish and serve

- Divide **chicken** and **veggies** between plates.
- Sprinkle **remaining parsley** over **veggies**.

Dinner Solved!