



Tuscan Sheet Pan Chicken

with Chickpeas and Veggies

Carb Smart

30 Minutes



Chicken Breasts



Chickpeas



Zucchini



Grape Tomatoes



Shallot



Italian Seasoning



Basil Pesto



Kale, chopped



Balsamic Glaze

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO CHICKPEAS

Also known as garbanzo beans and are part of the legume family!

Start here

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

Bust Out

2 Baking sheets, medium bowl, measuring spoons, strainer, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Chickpeas	398 ml	796 ml
Zucchini	200 g	400 g
Grape Tomatoes	113 g	227 g
Shallot	50 g	100 g
Italian Seasoning	1 tbsp	2 tbsp
Basil Pesto	¼ cup	½ cup
Kale, chopped	56 g	113 g
Balsamic Glaze	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.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Drain and rinse **chickpeas**. Cut **zucchini** in half lengthwise, then cut into ½-inch thick half-moons. Peel, then cut **shallot** into ½-inch pieces. Add **kale** and **½ tbsp oil** (dbl for 4ppl) to a medium bowl. Season with **salt** and **pepper**. Using hands, massage **kale** and toss to combine.



Roast chicken & kale

Add **kale** to another baking sheet and arrange in a single layer. Place **chicken** over **kale** and spread **pesto** over tops of **chicken**. Roast in the **top** of the oven, until **chicken** is cooked through and **kale** is tender, 12-14 min.**



Roast veggies

Add **chickpeas, zucchini, tomatoes, shallots, half the Italian seasoning** and **2 tbsp oil** (dbl for 4ppl) to a baking sheet. Season with **salt** and **pepper** and toss to combine. Roast in the **middle** of the oven until **veggies** are tender and golden-brown, 20-22 min.



Finish & serve

Thinly slice **chicken**. Divide **chickpeas, veggies** and **kale** between plates. Top with **chicken**. Drizzle **balsamic glaze** over top.

Dinner Solved!



Prep chicken

Pat **chicken** dry with paper towels. Season with **salt** and **pepper**, then sprinkle with **remaining Italian seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **chicken**. Cook, until golden-brown, 1-2 min per side.