



More than Food

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## Oven-Roasted Chicken

with Winter Vegetables, Basmati Rice, and Lemon-Thyme Pan Sauce

Nothing says winter comfort food like herby roasted chicken and veggies. A combination of parsnips, Brussels sprouts, and carrots is a hearty medley. Served over fluffy rice with a lemony pan sauce, you'll be licking your plate clean!



30 min



level 1



nut free



gluten free



Chicken Breasts



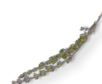
Brussels Sprouts



Carrot



Parsnip



Thyme



Lemon



Chicken Demi Glace



Basmati Rice

## Ingredients

|                    | 2 People | 4 People |
|--------------------|----------|----------|
| Chicken Breasts    | 12 oz    | 24 oz    |
| Brussels Sprouts   | 8 oz     | 16 oz    |
| Carrot             | 1        | 2        |
| Parsnip            | 1        | 2        |
| Thyme              | ¼ oz     | ¼ oz     |
| Lemon              | 1        | 1        |
| Chicken Demi Glace | 1)       | 2        |
| Basmati Rice       | ½ C      | 1 C      |
| Butter*            | 1 T      | 2 T      |
| Olive Oil*         | 1 T      | 2 T      |

\*Not Included

## Allergens

1) Milk

## Tools

Baking Sheet, Large Pan, Small Pot, Peeler

Ruler

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**Nutrition per person** Calories: 642 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 51 g | Carbs: 80 g | Sugar: 13 g | Sodium: 402 mg | Fiber: 14 g

Make sure to wash and dry produce before prepping or cooking!

1



**1 Prep the ingredients:** Preheat the oven to 400 degrees. In a small pot, bring **1 cup water** and a large pinch of **salt** to a boil. Trim and halve the **Brussels sprouts**. Peel and cut the **carrot** and **parsnip** into ¼-inch slices on a diagonal. Strip the **thyme** off the stems and roughly chop the leaves, keeping both separate. Halve the **lemon**.

3



**2 Cook the rice:** Add the **rice** to the boiling water, cover, and reduce to a low simmer for about 15 minutes, until tender.

**3 Roast the vegetables:** Toss the **carrots, parsnips, and Brussels sprouts** on a baking sheet with half the **thyme**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing halfway through cooking, until golden brown.

4



**4 Cook the chicken:** Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **chicken** on all sides with **salt** and **pepper**. Add the **chicken** to the pan and cook for 2-3 minutes per side, until golden brown but not yet cooked through. Transfer the **chicken** to the baking sheet in the oven for 5-10 more minutes, until the juices run clear when pierced with a knife. Set aside to rest for 5 minutes.

5



**5 Make the pan sauce:** Heat a drizzle of **oil** in the same pan over medium heat. Add the **chicken demi glace, remaining thyme**, and **½ cup water** to the pan and simmer for 2-3 minutes, until thickened and reduced by half. Remove the pan from the heat, then stir in a squeeze of **lemon** and **½ Tablespoon butter**. Taste and season with **salt** and **pepper**.

**6 Plate:** Thinly slice the **chicken**. Fluff the **rice** with a fork and stir in **½ Tablespoon butter**. Serve the **chicken** on a bed of **rice** and **roasted vegetables**, then drizzle with the **lemon-thyme pan sauce**. Enjoy!