



# Caramelized Onion Chicken

with Potato Coins and Zucchini

Quick

Spicy

25 Minutes



Chicken Breasts



Chicken Thighs



Yellow Potato



Zucchini



Yellow Onion



Lemon-Pepper Seasoning



Balsamic Vinegar



Garlic Puree



Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO CARMELIZED ONIONS  
A sweet and savoury chicken topper!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Yellow Potato	300 g	600 g
Zucchini	200 g	400 g
Yellow Onion	113 g	226 g
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



## Roast potato coins

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 23-25 min.



## Caramelize onions

- While **chicken** bakes, heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Reduce heat to medium. Add **garlic puree** and **1 tsp sugar** (dbl for 4 ppl), then season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.
- Remove the pan from heat, then stir in **vinegar**. Transfer **onions** to a plate.
- Carefully rinse and wipe the pan clean.



## Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **onion** into ¼-inch slices.



## Cook zucchini

- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 4-5 min.
- Season with **remaining Lemon-Pepper Seasoning** and **salt**, to taste.
- Remove the pan from heat, then cover to keep warm.



## Cook chicken

- Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **half the Lemon-Pepper Seasoning**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Bake in the **top** of the oven until cooked through, 10-12 min.\*\*

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



## Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **potato coins** and **zucchini** between plates.
- Top **chicken** with **caramelized onions**.

## Dinner Solved!