

Hello  
FRESH



## Oven-Roasted Chicken and Winter Veggies

with Lemon-Thyme Pan Sauce

Parsnips are one of our favorite root vegetables, and the whole family is bound to agree. They're creamy white with a surprisingly sweet taste. Unlike their orange counterparts, parsnips contain more starch for an earthier bite. We pair this winter veggie with crispy Brussels sprouts and sweet potatoes for a colorful accompaniment to the tender roasted chicken.



Prep: 15 min  
Total: 30 min



level 1



nut  
free



gluten  
free



Brussels  
Sprouts



Parsnips



Sweet  
Potatoes



Lemon



Thyme



Chicken  
Breasts



Chicken  
Demi Glace

## Ingredients

	4 People
Brussels Sprouts	16 oz
Parsnips	2
Sweet Potatoes	24 oz
Lemon	1
Thyme	¼ oz
Chicken Breasts	24 oz
Chicken Demi Glace	1)
Butter*	1)
Olive Oil*	4 tsp

\*Not Included

## Allergens

1) Milk

## Tools

Peeler, 2 Baking sheets, Large pan

**Nutrition per person** Calories: 588 cal | Fat: 14 g | Sat. Fat: 4 g | Protein: 49 g | Carbs: 71 g | Sugar: 17 g | Sodium: 527 mg | Fiber: 15 g

1



**1 Preheat and prep:** **Wash and dry all produce.** Preheat oven to 475 degrees. Trim and halve **Brussels sprouts** lengthwise. Peel and halve **parsnips** lengthwise. Slice into ½-inch half-moons. Cut **sweet potatoes** into ½-inch rounds. Halve **lemon**, then cut one half into wedges.

2



**2 Roast veggies:** Divide **veggies** between two baking sheets. Toss with a large drizzle of **olive oil, salt, pepper**, and a few sprigs of **thyme**. Roast about 12 minutes, toss, then continue roasting until golden brown, another 12-13 minutes.

3



**3 Sear chicken:** Meanwhile, season **chicken** on all sides with **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **chicken** and cook until browned but not fully cooked through, 3-4 minutes per side.

5



**4 Finish chicken:** Transfer **chicken** to baking sheets with **veggies**, and finish cooking until no longer pink in the middle, 5-8 minutes.

**5 Make pan sauce:** Add **demi glace, 1 cup water**, and a few sprigs of **thyme** to same pan over medium heat. Bring to a boil, and scrape up any browned bits from bottom of pan. Reduce to a simmer until thickened and reduced by half, 3-5 minutes. Stir in **butter**, remove from heat, and stir in juice of half a **lemon**.

**6 Serve:** Discard **thyme sprigs**. Serve **chicken** and **veggies** with **pan sauce** and **lemon wedges**. Enjoy!

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