



# Pan-Seared Thyme Chicken with Buttery Carrots and Peas

30 Minutes



Chicken Breasts



Chicken Broth Concentrate



Shallot



Carrot



Green Peas



Yellow Potato



Parsley and Thyme

HELLO THYME

*Dried or fresh, these savoury herbs are always the perfect pairing for chicken*

## Start here

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

## Bust Out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Carrot	170 g	340 g
Green Peas	56 g	113 g
Yellow Potato	300 g	600 g
Parsley and Thyme	14 g	14 g
Unsalted Butter*	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.*

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## Roast potatoes

Strip **½ tbsp thyme leaves** (dbl for 4 ppl) from the stem and finely chop. Cut **potatoes** into ½-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) and **half the chopped thyme** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 20-22 min.



## Prep

While the **potatoes** roast, peel, then finely chop **shallot**. Peel, then cut the **carrot** into ½-inch half-moons. Roughly chop the **parsley**. Pat the **chicken** dry with paper towels, then sprinkle over the **remaining chopped thyme**. Season with **salt** and **pepper**.



## Cook chicken

Heat a large non-stick over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to another baking sheet. Bake in the **top** of the oven, until **chicken** is cooked through, 10-12 min.\*\* Carefully wipe the pan clean.



## Cook veggies

Re-heat the same pan over medium-high. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted, 1 min. Add **carrots, green peas** and **2 tbsp water** (dbl for 4 ppl). Stir together. Cook, covered, stirring occasionally, until **veggies** are tender and **water** has been absorbed, 4-5 min. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



## Make sauce

Add the **shallots, 1 tbsp butter** and **¼ tsp pepper** (dbl both for 4 ppl) to the same pan. Cook, stirring often, until fragrant, 1 min. Add **broth concentrate** and **¼ cup water** (dbl for 4 ppl). Stir together, until **sauce** thickens, 1-2 min.



## Finish and serve

Toss the **parsley** with the **veggies**. Thinly slice the **chicken**. Divide the **roasted thyme potatoes, veggies** and **chicken** between plates. Drizzle the **sauce** over the **chicken**.

## Dinner Solved!