



BALSAMIC CHICKEN RUSTICO

with Provençal Roasted Root Veggies



HELLO

BALSAMIC GLAZE

A tangy, sweet sauce for the veggies and meat to soak right up

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 500



Yukon Gold Potatoes



Baby Carrots



Herbs de Provence



Yellow Onion



Garlic



Grape Tomatoes



Chicken Breasts



Balsamic Vinegar



Honey

START STRONG

Herbs de Provence contains a heady blend of dried herbs and lavender leaves. Try a pinch first to see if it's to your liking, then use it to season the veggies to taste.

BUST OUT

- 2 Baking sheets
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Baby Carrots 4 oz | 8 oz
- Herbs de Provence 1 TBSP | 2 TBSP
- Yellow Onion 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Grape Tomatoes 4 oz | 8 oz
- Chicken Breasts 12 oz | 24 oz
- Balsamic Vinegar 2 TBSP | 4 TBSP
- Honey 2 tsp | 4 tsp

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1 PREHEAT OVEN AND ROAST VEGGIES

Wash and dry all produce. Preheat oven to 400 degrees. Cut **potatoes** into ½-inch cubes. On a baking sheet, toss **potatoes, carrots, Herbs de Provence**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until lightly browned, 25-30 minutes, tossing halfway through.



4 MAKE GLAZE Add **onion** and a drizzle of **olive oil** to same pan over medium-low heat. Cook until softened, about 5 minutes. Toss in **garlic, tomatoes, balsamic vinegar**, and **honey**. Cook until vinegar and any juices are slightly thick, about 2 minutes. Stir in **1 TBSP butter**.



2 PREP Peel, halve, and thinly slice **onion**. Mince or grate **garlic**. Halve **grape tomatoes** lengthwise.



5 BAKE CHICKEN Spoon glaze (including onions and tomatoes) over **chicken**. (**TIP:** It's OK if some glaze runs onto baking sheet.) Bake in oven until chicken is cooked through, 5-7 minutes.



3 SEAR CHICKEN Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **chicken breasts** all over with **salt** and **pepper**. Sear in pan until browned and almost cooked through, 3-4 minutes per side. Remove from pan and set aside on a second baking sheet (or in a baking dish).



6 PLATE AND SERVE Divide **roasted veggies** between plates, then add a **chicken breast** to each. Spoon any loose **onions, tomatoes**, and **glaze** on top.

LUSCIOUS!

Use the veggies to swipe all that delicious sauce from the plate.