



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!