



Herby Chicken Bake

with Balsamic Peppers and Roasted Potatoes

FAMILY 35 Minutes



Chicken Thighs



Yellow Potato



Sweet Bell Pepper



Parsley and Thyme



Garlic



Red Onion, sliced



Balsamic Glaze



Italian Seasoning



Chickpeas

HELLO HERB BUTTER

A blend of butter and aromatic ingredients used to boost flavour!

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove 4 tbsp butter from the refrigerator.

Bust Out

Baking Sheet, Large Bowl, Large Non-Stick Pan, Paper Towels, Parchment Paper, Strainer, Small Bowl, Measuring Spoons

Ingredients

	4 Person
Chicken Thighs	680 g
Yellow Potato	600 g
Sweet Bell Pepper	160 g
Parsley and Thyme	14 g
Garlic	3 g
Red Onion, sliced	227 g
Balsamic Glaze	2 tbsp
Italian Seasoning	1 tbsp
Chickpeas	398 ml
Sugar*	1 tsp
Unsalted Butter*	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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1. ROAST POTATOES & CHICKPEAS

Cut potatoes into ½-inch pieces. Drain, then rinse the **chickpeas**. Add the **potatoes**, **chickpeas** and **2 tbsp oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat. Roast in **middle** of oven, until golden-brown, 25-28 min. (**NOTE:** halfway through cooking you'll add the chicken)



4. COOK ONIONS & PEPPERS

Re-heat the large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **onions** and **peppers**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** and season with **salt**. Cook, stirring occasionally, until **onions** are golden-brown, 3-4 min. Remove the pan from the heat, and stir in **balsamic glaze**. Set aside.



2. PREP

While **potatoes** and **chickpeas** roast, core, then slice **pepper** into ½-inch strips. Strip **1 tbsp thyme leaves** from stems, then finely chop. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Pat the **chicken** dry with paper towels. Add **chicken**, **1 tbsp oil** and **Italian seasoning** to a large bowl. Season with **salt** and **pepper**. Toss to coat.



5. MAKE HERB BUTTER

While **peppers** and **onions** cook, using a fork, mash together the **thyme**, **parsley**, **garlic**, **¼ tsp salt**, **¼ tsp pepper** and **4 tbsp room temperature butter** in a small bowl. Set aside.



3. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **chicken**. Cook, until golden-brown, 2-3 min per side. Remove the pan from heat. Add **chicken** on top of **potatoes** on the baking sheet. Roast, in **middle** of oven, until **chicken** is cooked through, 10-12 min.**



6. FINISH AND SERVE

Divide the **chicken** and **potatoes** between plates. Top with **balsamic peppers** and **onions**. Dollop the **herb butter** over the hot **chicken**.

Dinner Solved!