



Caramelised Onion-Glazed Chicken

with Garlic-Herb Roasted Veggies & Pear Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic & Herb Seasoning



Pear



Garlic



Parsley



Chicken Breast



Caramelised Onion Chutney



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

Hold onto your forks, because we're predicting a flurry of excitement when this delectable chicken hits the table! With a glaze of caramelised onion and parsley, it has a mountain of flavour, and we've added garlic-herb roasted veggies and a refreshing pear salad to seal the deal.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| carrot | 1 | 2 |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| pear | ½ | 1 |
| garlic | 1 clove | 2 cloves |
| parsley | 1 bunch | 1 bunch |
| chicken breast | 1 packet | 1 packet |
| water* | 2 tbs | ¼ cup |
| caramelised onion chutney | 1 packet (40g) | 2 packets (80g) |
| butter* | 15g | 30g |
| balsamic vinegar* | 1 tsp | 2 tsp |
| mixed salad leaves | 1 bag (60g) | 1 bag (120g) |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2562kJ (612Cal) | 450kJ (107Cal) |
| Protein (g) | 42.9g | 7.5g |
| Fat, total (g) | 26.2g | 4.6g |
| - saturated (g) | 6.4g | 1.1g |
| Carbohydrate (g) | 50.5g | 8.9g |
| - sugars (g) | 17.4g | 3.1g |
| Sodium (mg) | 822mg | 144mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **carrot** (both unpeeled) into 2cm chunks. Place the **potato**, **carrot** and **garlic & herb seasoning** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



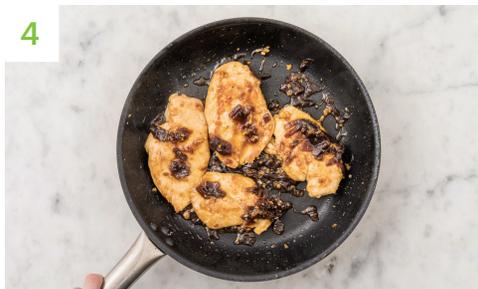
Get prepped

While the veggies are roasting, thinly slice the **pear** (see ingredients) into wedges. Finely chop the **garlic** and **parsley** leaves. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Make the glaze

In a small bowl, combine the **garlic**, **parsley**, the **water** and **caramelised onion chutney**. Season with **salt** and **pepper**.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** and the **butter** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate. Add the **caramelised onion mixture** to the frying pan and cook, until thickened, **1 minute**. Remove from the heat and return the **chicken** to the pan. Turn to coat in the glaze.

TIP: The chicken is cooked through when it's no longer pink inside.



Make the salad

In a large bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **mixed salad leaves** and **pear**. Toss to coat.



Serve up

Divide the garlic-herb roasted veggies between plates. Serve with the caramelised onion-glazed chicken and pear salad. Top with the **dill & parsley mayonnaise**.

Enjoy!