



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!