



Sheet Pan Roast Chicken

with Roasted Veg and Pan Gravy

40 Minutes



Chicken Breasts



Brussels Sprouts



Carrot



Yellow Potato



Shallot



Thyme



Chicken Broth Concentrate



Garlic



Sour Cream



Garlic Salt



All-Purpose Flour

HELLO PAN GRAVY!

It's easy to add more flavour to the humble chicken breast with a simple pan gravy!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, vegetable peeler, measuring cups, large non-stick pan, paper towels, measuring spoons, large bowl

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Brussels Sprouts	227 g	454 g
Carrot	170 g	340 g
Yellow Potato	300 g	600 g
Shallot	50 g	100 g
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Garlic	6 g	12 g
Sour Cream	3 tbsp	6 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 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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Prep

Halve **Brussels sprouts**. Peel, then cut **carrot** into ¼-inch rounds. Cut **potatoes** into ½-inch pieces. Peel, then cut **shallot** into ½-inch slices. Peel, then mince or grate **garlic**. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems.



Roast chicken

Remove the pan from heat. Transfer **chicken** to the baking sheet, on top of **veggies**. Roast in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Roast veggies

Toss **potatoes**, **Brussels sprouts**, **carrots**, **half the shallots**, **half the garlic**, **half the thyme** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Arrange evenly into a single layer. Sprinkle over **half the garlic salt** and season with **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 22-24 min. (**NOTE:** In Step 4, stir veggies again before adding chicken.)



Make pan gravy

While **veggies** and **chicken** roast, heat the same pan (from step 3) over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **remaining shallots** and **remaining garlic**. Cook, stirring often, until **shallots** soften, 2-3 min. Sprinkle the **flour** over the **shallots** and cook for 1-2 min. Add **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **gravy** slightly thickens, 4-5 min. Remove pan from heat, then stir in **sour cream**.



Start chicken

While **veggies** roast, pat **chicken** dry with paper towels. Add **chicken**, **remaining thyme**, **remaining garlic salt** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **pepper** and toss to coat. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then chicken. Cook, until golden-brown, 2-3 min per side.



Finish and serve

Divide **chicken** and **veggies** between plates. Spoon over **pan gravy**.

Dinner Solved!