



Pan-Roasted Chicken & Caramelized Onions

with Garlic-Knot Potatoes & Zucchini



30-40min



2 Servings

Not your typical chicken and potato dinner—this dish packs a wow factor thanks to tender pan-roasted chicken breast covered in a caramelized onions and "garlic-knot potatoes." These standout potatoes roast until deeply golden brown, then are tossed in garlic butter and topped with Parmesan and fresh parsley.

What we send

- 2 potatoes
- 1 yellow onion
- ¾ oz Parmesan ⁷
- garlic
- ¼ oz fresh parsley
- 2 zucchini
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate
- ¼ oz steak seasoning

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- white wine vinegar (or red wine vinegar) ¹⁷

Tools

- rimmed baking sheet
- medium skillet
- microplane or grater

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 51g, Carbs 57g, Protein 50g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut into wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until deeply golden underneath, 12-15 minutes. Slice **half of the onion** into ¼-inch thick rings (save rest for own use).



4. Finish vegetables

Flip **potatoes**; push to one side of the baking sheet. Add **zucchini** to open side; toss with **1 tablespoon oil**, and season with **salt** and **pepper**. Roast on lower oven rack until zucchini is browned in spots, and potatoes are crisp and golden, 5-8 minutes. Mash to combine **Parmesan-garlic butter** with a fork. Toss potatoes and zucchini with Parmesan-garlic butter on baking sheet.



2. Caramelize onions

Heat **1 tablespoon oil** in a medium skillet over medium. Add **sliced onions**; season with **salt** and **pepper**. Cover and cook until onions are softened, 4-5 minutes. Uncover and cook, stirring, until deeply browned, 6-8 minutes (to prevent onions from sticking, add 1 tablespoon water at a time, as needed). Transfer to a bowl. Wipe out skillet and reserve for step 5.



5. Cook chicken

While **vegetables** roast, pat **chicken** dry, then pound to an even ½-inch thickness; season all over with **2 teaspoons steak seasoning**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **chicken** and cook until browned and cooked through, 3-4 minutes per side. Transfer to plates and cover to keep warm.



3. Prep butter & zucchini

Finely grate **Parmesan** and ¼ **teaspoon garlic** into a medium bowl. Pick and finely chop **parsley leaves**; discard stems. Add **2 tablespoons each of butter and parsley** to bowl with Parmesan and garlic; set Parmesan-garlic butter aside to soften butter at room temperature until step 4. Halve **zucchini** lengthwise, then cut into 1/2-inch half moons.



6. Make sauce & serve

Transfer **cooked onions, broth concentrate, ½ cup water, 1 tablespoon butter**, and ½ **teaspoon vinegar** to same skillet; bring to a boil. Reduce heat to medium-low; cook, stirring, until sauce is reduced slightly, 2-3 minutes. Serve **chicken** with **onions and sauce** spooned over top and sprinkled with **remaining parsley**. Serve with **garlic potatoes** and **zucchini** alongside. Enjoy!