

French Onion Chicken Bake

with Cauli Puree and Green Beans

hellóchef

This one takes inspiration from French onion soup!

Cals 629 • Prot 68 • Carbs 35 • Fat 24

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🕒 cook: 40 min

R2772



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Water	150	225	300	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Chilli flakes	2	2	4	Grams
Dried oregano	2	2	4	Grams
Garlic powder	2	4	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Parmesan 4*	30	45	60	Grams
Grated mozzarella 4*	60	90	120	Grams
Caramelised onion				
Brown onion	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Sides				
Cauliflower	400	600	800	Grams
Cream cheese 4*	80	120	160	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Green beans	150	250	375	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2629 / 629
Fat (g)	23.5
of which saturates (g)	14.2
Carbohydrate (g)	35
of which sugars (g)	18.5
Fiber (g)	10.2
Protein (g)	68
Salt (g)	3.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Caramelize onions

Preheat the oven to 200°C/180°C fan. Peel and slice the **onions** finely. Heat a drizzle of **oil** in a pan over a high heat. Once hot, add the **onions** with a pinch of **salt**. Fry for 3-4 min or until lightly browned. Reduce the heat to medium and cook, stirring occasionally, for 10 min further or until the **onions** have fully softened and caramelised.

Tip! Taking your time in browning the onions will ensure they are soft, brown and naturally sweet.



2 Prep chicken

Meanwhile, boil the **measured water** and dissolve the [0.5/1/1] **chicken stock cube** in it. Place the **chicken breast** in a baking dish and sprinkle with the **chilli flakes (spicy!), oregano, garlic powder, salt** and **pepper**. Grate the **Parmesan**.

Tip! Sensitive to spice? go easy on the chilli flakes.



3 Bake chicken

Once ready, divide the **caramelised onions** among the **chicken breasts**. Pour the **stock** into the baking dish. Top the **chicken** with the **grated Parmesan** and **mozzarella**. Bake for 20 min or until the **chicken** is cooked through and the **cheese** is golden.

Tip! To check if the chicken is cooked, insert a knife into the meat – if the juices run clear, it's ready!



4 Make puree

Meanwhile, roughly chop the **cauliflower**. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 10-12 min until soft. Drain. Add to a food processor with the **cream cheese** and blitz for 1-2 min until smooth. Season well with **salt** and **pepper**. Reserve the pot.



5 Boil green beans

Trim the **green beans**. Return the pot with salted water and bring it to a boil. Cook the **green beans** for 3-4 min or until tender. Drain once cooked.



6 Serve

Serve the **chicken** with the **cauliflower puree** and **green beans** alongside. Drizzle the **chicken** over with any **chicken stock** from the baking dish.

Tip! Serve with crusty bread – perfect for sauce mopping!