

French Onion Chicken Bake

with Steamed Vegetables

hellóchef

This one takes inspiration from French onion soup!

Cals 599 • Prot 56 • Carbs 36 • Fat 23

Calorie Smart • Low-Carb

🕒 30 min

R4



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
Chilli flakes	2	2	4	Grams
Dried oregano	2	2	4	Grams
Garlic powder	2	4	4	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Caramelised onion				
Brown onion	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Salted butter	20	30	50	Grams
Salt	0.5	1	1	Tsp
For bake				
Water	150	225	300	ML
Chicken stock cube	0.5	1	1	Piece
Parmesan	30	45	60	Grams
Grated mozzarella	60	90	120	Grams
Vegetables				
Carrot	2	3	4	Piece
Broccoli	200	300	400	Grams
Fresh parsley	15	15	15	Grams
Salt	0.5	1	1	Tsp

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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 **butter** and the **onions**. Fry the **onions** with a pinch of **salt** for 3-4 min until lightly browned. Reduce the heat to low and cook, over a very low heat, stirring occasionally, for 10 min further or until the **onions** have fully softened and caramelised. Don't rush this step!



2 Prep chicken

Meanwhile, grease or line a baking dish. Place the **chicken breast** in the baking dish and sprinkle with the **chilli flakes (spicy!)**, **oregano**, **garlic powder**, **salt** and **pepper**.



3 Bake

Once ready, divide the **caramelised onions** among the **chicken breasts**. Boil the **measured water** and dissolve the **chicken stock cube** in it. Pour the **stock** into the baking dish. Grate the **Parmesan**. 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.



4 Prep vegetables

Meanwhile, peel and finely slice the **carrots**. Separate the **broccoli** into florets. Chop the **parsley**.



5 Steam vegetables

Bring a small amount of water to a boil in a pan with a lid. Once boiling, add the **carrots**, **broccoli** and **salt**. Mix well and cover with a lid. Cook over a low heat for 6-7 min or until the vegetables are tender. Drain and fold in the chopped **parsley**.



6 Serve

Serve the **onion chicken** with the **steamed vegetables** (see pro tip and tips for fussy eaters) on the side.



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Pro Tip

Serve with crusty bread - perfect for sauce mopping!

Tips For Fussy Eaters

Skip the chilli flakes. Serve the cheesy chicken with pasta.