

Chicken with Creamy Caramelised Onion Sauce and Rice Pilaf

hellóchef

Pan-seared chicken breasts in a creamy caramelised onion sauce.

Cals 844 • Prot 58 • Carbs 98 • Fat 28

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🕒 cook: 30 min

R3402



Before you start

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

Ingredients

Chicken breast	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Caramelised onion				
White onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Brown sugar	5	10	10	Grams
Balsamic vinegar 14*	15	22	30	ML
Dried thyme	2	2	4	Grams
Cooking cream 4*	200	200	400	ML
Black pepper	0.5	0.5	0.5	Tsp
Water	100	150	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Rice pilaf				
Carrot	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Green peas	100	150	200	Grams
Fresh parsley	15	15	15	Grams

Allergens

*14 Sulphur Dioxide, *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)	3516 / 844
Fat (g)	27.5
of which saturates (g)	18.2
Carbohydrate (g)	98
of which sugars (g)	17.3
Fiber (g)	6.4
Protein (g)	58.3
Salt (g)	3.4

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



1 Prep

Peel and finely slice the **onions**. Peel and mince the **garlic**.



2 Caramelize onion

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Once starting to brown, lower the heat to medium and add the **garlic, brown sugar, balsamic vinegar** and **thyme**. Cook for 10 min further, stirring frequently, until the **onions** start to soften.

Tip! Cook the onion for up to 30 min over a low heat. The longer and lower you cook them for, the sweeter they will become!



3 Boil rice

Meanwhile, peel and chop the **carrots** into small cubes. Heat a pot with a lid over a medium-high heat with a drizzle of **oil**. Once hot, add the **carrots** with a pinch of **salt** and fry for 3 min. Add the **rice** and **measured water** and bring to a boil over a high heat.



4 Finish rice

Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, fold the **peas** into the **rice**. Remove the pan from heat and keep covered until serving.



5 Cook chicken

Meanwhile, add the **cream**, a crack of **black pepper**, the **measured water** and {0.5/1/1} **stock cube** to the **onions**. Bring the sauce to a simmer and add the **chicken**. Cover the pan with a lid and simmer for 6 min. Flip the **chicken breasts** over and cook for an additional 6 min or until the **chicken** is cooked through.



6 Serve

Serve the **chicken** alongside the **rice pilaf**. Drizzle over any remaining sauce and tear the **fresh parsley** over the top.