



Carb Smart Lemon Cream Chicken

with Zucchini and Peppers

Smart Meal

25 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Thighs
280 g | 560 g

Double



Chicken Breasts
4 | 8



Chicken Breasts
2 | 4



Zucchini
2 | 4



Sweet Bell Pepper
1 | 2



Garlic, cloves
1 | 2



Lemon
1 | 1



Dill-Garlic Spice Blend
4 g | 8 g



Lemon-Pepper Seasoning
6 g | 12 g



Cream
56 ml | 113 ml



Chicken Broth Concentrate
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Pepper, butter, oil, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, paper towels, zester

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **half the lemon** (use whole lemon for 4 servings). Cut **lemon** into wedges.

2



Start veggies

- To an unlined baking sheet, add **zucchini**, **peppers** and **1 tbsp oil**. (NOTE: For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt**, **pepper** and **Dill-Garlic Spice Blend**. Toss to combine.
- Roast in the **middle** of the oven for 5 min. (NOTE: For 4 servings, roast in the top and middle of the oven, rotating sheets halfway through. Veggies will continue to roast in step 4.)

4



Roast chicken and finish veggies

- When **veggies** have roasted for 5 min, carefully remove baking sheet from the oven. Move **veggies** toward the edges of the sheet.
- Transfer **chicken** to the centre of the baking sheet.
- Continue to roast in the **middle** of the oven for 10-12 min, until **veggies** are tender and **chicken** is cooked through.**

5



Make lemon cream sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then **garlic**. Cook for 30 sec, stirring often, until fragrant.
- Add **¼ cup** (½ cup) **water**, **cream**, **broth concentrate** and **remaining Lemon-Pepper Seasoning**. Cook for 2-3 min, stirring occasionally, until **sauce** thickens slightly.
- Remove the pan from heat, then stir in **half the lemon zest**. (TIP: Prefer a more tangy **sauce**? Squeeze in the juice of a lemon wedge.)

3



Sear chicken

- ◌ Swap | **Chicken Thighs**
- ✖2 Double | **Chicken Breasts**
- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **2 tsp** (4 tsp) **Lemon-Pepper Seasoning**.
- Heat a large non-stick pan over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 1-2 min per side, until golden.

6



Finish and serve

- When **veggies** are done, sprinkle with **remaining lemon zest**. Toss gently to coat.
- Thinly slice **chicken**.
- Divide **chicken** and **veggies** between plates.
- Drizzle **lemon cream sauce** over **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Sear chicken

◌ Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook in the same way the recipe instructs you to prep and cook the **chicken breasts**.

3 | Sear chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F, as size may vary.