



Breaded Baked Chicken

with Buttery Rice, Green Beans and Lemony Mayo

Family Friendly 30 Minutes



Chicken Breasts



Parboiled Rice



Green Beans



Green Peas



Lemon



Southwest Spice Blend



Panko Breadcrumbs



Mayonnaise



Garlic Puree

HELLO PANKO BREADCRUMBS

This Japanese breadcrumb is light, airy and extra crispy!

Start here

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, shallow dish, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Parboiled Rice	¾ cup	1 ½ cup
Green Beans	170 g	340 g
Green Peas	56 g	113 g
Lemon	1	1
Southwest Spice Blend	½ tbsp	1 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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Prep and make lemony mayo

Bring **1 ½ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Trim, then halve **green beans**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Stir together **half the mayo, lemon zest, ½ tsp lemon juice** and **½ tsp sugar** (dbl both for 4 ppl) in a small bowl. Season with **pepper**.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **breaded chicken**. Pan-fry until golden-brown, 1-2 min per side. (**NOTE:** For 4 ppl, cook in two batches, using 1 tbsp oil for each batch!) Transfer **chicken** to a parchment-lined baking sheet. Roast **chicken** in the **middle** of the oven until cooked through, 12-14 min.** Carefully wipe the pan clean.



Cook rice

Add **rice** and **peas** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



Cook green beans

While **chicken** roasts, heat the same pan over medium. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender and **water** is absorbed, 4-5 min. Add **½ tbsp oil** (dbl for 4 ppl) and **remaining garlic puree**. Cook, stirring occasionally, until fragrant and **green beans** are tender, 1-2 min.



Prep and coat chicken

While **rice** cooks, add **panko** to a shallow dish. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Add **chicken, half the Southwest Spice Blend** (use all for 4 ppl), **half the garlic puree** and **remaining mayo** to a medium bowl. Toss to coat. Working with **one chicken breast** at a time, press both sides into **panko** to coat completely.



Finish and serve

Fluff **rice** with a fork. Stir in **1 tbsp butter** (dbl for 4 ppl) until melted and combined. Season with **salt**. Thinly slice **chicken**. Divide **chicken, green beans** and **rice** between plates. Serve with **lemony mayo** on the side, for dipping.

Dinner Solved!