



Breaded Baked Chicken

with Buttery Rice, Zucchini and Lemony Mayo

Family Friendly 30 Minutes



Chicken Breasts



Parboiled Rice



Zucchini



Green Peas



Lemon



Italian Breadcrumbs



Mayonnaise



Garlic Puree



Garlic Salt

HELLO LEMON

Punch up the flavour of mayo with a sprinkle of lemon zest!

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 cups
Zucchini	200 g	400 g
Green Peas	56 g	113 g
Lemon	1	1
Italian Breadcrumbs	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Garlic Puree	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ 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 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.

Contact

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1 Prep and make lemony mayo

Add **1 ¼ cups water** (dbl for 4 ppl) and **garlic salt** to a medium pot. Cover and bring to a boil over high heat. Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Add **half the mayo**, **lemon zest**, **½ tsp lemon juice** and **¼ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **pepper**, then stir to combine.



4 Cook chicken

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



2 Cook rice

Add **rice** and **peas** to the **boiling water**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



5 Cook zucchini

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min. Add **remaining garlic puree**. Cook, stirring occasionally, until **garlic puree** is fragrant, 30 sec.



3 Prep and coat chicken

Meanwhile, add **breadcrumbs** to a shallow dish. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Add **chicken**, **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 **breadcrumbs** to coat completely.



6 Finish and serve

Fluff **rice** with a fork. Stir in **1 tbsp butter** (dbl for 4 ppl) until melted and combined. Divide **chicken**, **zucchini** and **rice** between plates. Serve **lemony mayo** alongside for dipping. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!