



# Breaded Chicken

with Honey-Parsley Carrots and Lemon Mayo

Family Friendly 35 Minutes



Chicken Breasts



Basmati Rice



Carrot



Parsley



Italian Breadcrumbs



Mayonnaise



Garlic



Honey



Lemon



Red Onion



Chicken Broth Concentrate

HELLO LEMON ZEST

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

## Start here

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

### Garlic Guide for Step 2:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust Out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cup
Carrot	340 g	510 g
Parsley	7 g	14 g
Italian Breadcrumbs	½ cup	1 cup
Mayonnaise	¼ cup	½ cup
Garlic	3 g	3 g
Honey	1 tbsp	2 tbsp
Lemon	1	1
Red Onion	56 g	113 g
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
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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## Cook rice

Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 1-2 min. Add **rice, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Finish chicken

Transfer **breaded chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 12-14 min.\*\* While **chicken** cooks, wipe the same pan clean, then heat over medium-high heat.



## Prep

While **rice** cooks, peel, then halve **carrots** lengthwise, then cut into ½-inch thick half-moons. Zest, then juice **lemon**. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Stir together **mayo, half the lemon zest** and **¼ tsp garlic** in a small bowl. (NOTE: Reference Garlic Guide.) Reserve **1 ½ tbsp lemon mayo** (dbl for 4 ppl) in a large bowl.



## Cook carrots

When the pan is hot, add **carrots, honey, ¼ cup water** and **1 tbsp butter** (dbl both for 4 ppl). Simmer, stirring occasionally, until **carrots** are tender and **liquid** is absorbed, 9-10 min. Remove pan from heat. Add **half the parsley** and **1 tsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**. Stir to combine.



## Bread and pan-fry chicken

Add **breadcrumbs** to a shallow dish. Add **chicken** to the large bowl with the **lemon mayo**, then toss to coat. Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely. Carefully shake off any **excess breadcrumbs**. 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: Cook chicken in batches for 4 ppl, using 1 tbsp oil per batch.)



## Finish and serve

Fluff **rice** with a fork, then stir in **remaining parsley** and **remaining lemon zest**. Season with **salt**. Divide **rice, chicken** and **honey-parsley carrots** between plates. Serve **remaining lemon mayo** on the side, for dipping.

## Dinner Solved!