



Breaded Chicken

with Honey-Parsley Carrots and Lemon Mayo

35 Minutes



Chicken Breasts



Basmati Rice



Carrot



Parsley



Italian Breadcrumbs



Mayonnaise



Garlic, cloves



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 (dbl for 4 ppl):

- 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 cups
Carrot	340 g	510 g
Parsley	7 g	7 g
Italian Breadcrumbs	½ cup	1 cup
Mayonnaise	¼ cup	½ cup
Garlic, cloves	1	2
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 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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 **rice** and **onions**. Cook, stirring often, until **onions** soften, 2-3 min.
- Add **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl). Bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Finish chicken

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



Prep

- Meanwhile, peel, then halve **carrots** lengthwise, then cut into ½-inch 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 the pan from heat.
- Add **half the parsley** and **1 tsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Bread and pan-fry chicken

- Add **breadcrumbs** to a shallow dish.
- Add **chicken** to the large bowl with **reserved 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**. (NOTE: For 4 ppl, cook chicken in batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.



Finish and serve

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

Dinner Solved!