



Carb Smart Lemon Cream Chicken

with Zucchini and Peppers

Carb Smart

Spicy

30 Minutes



Chicken Breasts



Zucchini



Sweet Bell Pepper



Garlic, cloves



Dill-Garlic Spice Blend



Lemon



Cream



Chicken Broth Concentrate



Lemon-Pepper Seasoning

HELLO LEMON ZEST

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

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Garlic, cloves	1	2
Dill-Garlic Spice Blend	1 tsp	2 tsp
Lemon	1	1
Cream	56 ml	113 ml
Chicken Broth Concentrate	1	2
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
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.

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Prep

- Cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Zest **half the lemon** (whole lemon for 4 ppl). Cut **lemon** into wedges.



Roast chicken and finish veggies

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



Start veggies

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



Make lemon cream sauce

- Meanwhile, heat the same pan (from step 3) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **¼ cup water** (dbl for 4 ppl), **cream**, **broth concentrate** and **remaining Lemon-Pepper Seasoning**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat, then stir in **half the lemon zest**.



Sear chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **2 tsp Lemon-Pepper Seasoning** (dbl for 4 ppl).
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side.



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.

Dinner Solved!