



Carb Smart Pizza-Style Chicken

with Creamy Side Salad

Carb Smart

30 Minutes



Chicken Breasts



Green Bell Pepper



Marinara Sauce



Lemon



Monterey Jack Cheese, shredded



Garlic Salt



Caesar Dressing



Baby Spinach



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HELLO PIZZA-STYLE CHICKEN

Forget the dough! Butterflied chicken creates a carb smart base for pizza toppings!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Green Bell Pepper	200 g	400 g
Marinara Sauce	½ cup	1 cup
Lemon	1	1
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Caesar Dressing	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Oil*		
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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Prep and make dressing

- Core, then cut **pepper** into ¼-inch pieces.
- Zest **half the lemon**, then cut into wedges (whole lemon for 4 ppl).
- Add **Caesar dressing, lemon zest** and **¼ tsp garlic salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then stir to combine.
- Add **half the peppers**, then toss to coat.



Make salad

- Meanwhile, add **spinach** to the bowl with **dressing** and **peppers**. Toss to combine.



Prep chicken

- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end.
- Open up **chicken** like a book. Season both sides with **remaining garlic salt** and **pepper**.



Finish and serve

- Divide **chicken** and **salad** between plates.
- Squeeze a **lemon wedge** over top, if desired.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-sear until golden-brown, 1-2 min per side.
- Remove the pan from heat. Transfer **chicken** to a parchment-lined baking sheet.
- Spoon **marinara sauce** over **each piece of chicken**. Top with **remaining peppers**, then sprinkle with **cheese**.
- Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**

Dinner Solved!