



Chicken Power Bowl with Seeds and Lemon Dressing

PRONTO 30 Minutes



Chicken Breasts



Basmati Rice



Cherry Tomatoes



Corn



Edamame



Lemon



Cilantro



Feta Cheese



Dijon Mustard



Salad Topper

HELLO POWER BOWLS

Power bowls are a trendy dish that are easy to make at home

Start Strong

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

Bust Out

Baking Sheet, Large Non-Stick Pan, Measuring Cups, Measuring Spoons, Medium Pot, Paper Towels, Small Bowl, Zester, Medium Bowl, Whisk

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cup
Cherry Tomatoes	113 g	227 g
Corn	113 g	227 g
Edamame	56 g	113 g
Lemon	1	2
Cilantro	7 g	14 g
Feta Cheese	28 g	56 g
Dijon Mustard	1 ½ tsp	3 tsp
Salad Topper	28 g	56 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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1. PREP

Add **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Meanwhile, zest and juice **lemon**. Pat **chicken** dry with paper towels. Toss **chicken** with **lemon zest, mustard** and **1 tbsp oil** (dbl for 4 ppl) in a medium bowl. Season with **salt** and **pepper**. Toss to coat. Set aside.



2. COOK RICE

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **chicken**. Pan-fry, until golden-brown, 1-2 min per side. Remove pan from heat and transfer **chicken** to a baking sheet. Bake in **middle** of oven, until cooked through, 8-10 min.**



4. CHAR CORN & FINISH PREP

While **chicken** bakes, heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **corn**. Cover and cook, stirring once halfway through cooking, until dark golden-brown, 4-6 min. Halve **tomatoes**. Roughly chop **cilantro**.



5. MAKE DRESSING & FINISH RICE

Whisk together **2 tbsp lemon juice, 1 tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Fluff **rice** with a fork, then season with **salt**. Stir in **edamame** and **half the cilantro**.



6. FINISH AND SERVE

Slice **chicken**. Divide **rice** between bowls, then top with **charred corn, tomatoes** and **chicken**. Drizzle over the **dressing**. Crumble over **feta**, sprinkle over **salad topper** and **remaining cilantro**.

Dinner Solved!