



Chimichurri Chicken

with Yellow Rice and Roasted Veggies

PRONTO 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Parsley and Cilantro



Parboiled Rice



Lemon



Cumin-Turmeric Spice Blend



Zucchini



Green Onions



Sweet Bell Pepper



Garlic Salt

HELLO TURMERIC

Spice up your life and your rice with smoky turmeric and cumin powder!

START HERE

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

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Parsley and Cilantro	14 g	14 g
Parboiled Rice	¾ cup	1 ½ cup
Lemon	1	1
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Zucchini	200 g	400 g
Green Onions	2	4
Sweet Bell Pepper	160 g	320 g
Garlic Salt	¾ tsp	1 ½ tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ 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

Cut the **zucchini** into ½-inch rounds. Core, then cut the **pepper** into ½-inch strips. Toss **veggies** on one side of a foil-lined baking sheet with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Set aside. Pat the **chicken** dry with paper towels. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Set aside.



4. MAKE CHIMICHURRI

While the **chicken** and **veggies** cook, thinly slice the **green onions**. Zest, then juice the **lemon**. Roughly chop the **cilantro** and **parsley**. Mix together the **cilantro**, **parsley**, **lemon zest**, **1 tbsp lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.



2. COOK RICE

Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **cumin-turmeric spice blend**, **½ tsp garlic salt** (dbl for 4 ppl) and rice. Cook, stirring often, until fragrant, 1 min. Add **1 ¼ cups water** (dbl for 4 ppl), then cover and bring to a boil. Once boiling, reduce heat to medium-low. Cook, until **rice** is tender and **water** has absorbed, 15-18 min.



5. FINISH AND SERVE

Fluff the **rice** with a fork and stir in the **green onions**. Season with **pepper**. Thinly slice the **chicken**. Divide the **rice**, **veggies** and **chicken** between plates. Top with the **chimichurri**.

Dinner Solved!



3. COOK CHICKEN

While the **rice** cooks, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to the other side of the baking sheet. Bake in the **middle** of the oven, until **veggies** are tender and **chicken** is cooked through, 10-12 min.**