



CRISPY CHICKEN

with Honey-Parsley Carrots and Lemon Mayo



HELLO HONEY

natural sugar crystals can form in delicious honey and will melt in heat

TIME: 35 MIN



Chicken Breasts



Basmati Rice



Carrot



Parsley



Italian Breadcrumbs



Mayonnaise



Garlic



Honey



Lemon



Shallot



Chicken Broth Concentrate

BUST OUT

- Baking Sheet
- Zester
- Parchment Paper
- Garlic Press
- Measuring Cups
- Medium Pot
- Small Bowl
- Large Non-Stick Pan
- Measuring Spoons
- Shallow Dish
- Paper Towel
- Peeler
- Large Bowl
- Salt and Pepper
- Unsalted Butter **2** (2 tbsp)
- Olive or Canola Oil

INGREDIENTS

4-person

• Chicken Breasts	680 g
• Basmati Rice	1 ½ cup
• Carrot	510 g
• Parsley	14 g
• Italian Breadcrumbs 1,2,4,8,9	1 cup
• Mayonnaise 3,6,9	8 tbsp
• Garlic	3 g
• Honey	1 ½ tbsp
• Lemon	1
• Shallot	50 g
• Chicken Broth Concentrate	2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

0 Fish/Poisson	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.

START STRONG



Preheat the oven to **425°F** (to finish chicken). Start prepping when the oven comes up to temperature! In Step 2, use this garlic guide to determine what garlic level you prefer: **¼ tsp** mild, **½ tsp** medium and **1 tsp** extra!



1 COOK RICE
Wash and dry all produce.* Peel, then cut **shallots** into ¼-inch pieces. Heat a medium pot over medium heat. When the pot is hot, add **1 tbsp oil**, then **shallot**. Cook, stirring often, until softened, 1-2 min. Add **rice, broth concentrates** and **3 cups water**. Cover and bring to a boil. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4 COOK CHICKEN
Transfer **breaded chicken** to a parchment-lined baking sheet. Set aside. Carefully wipe the pan clean. Repeat with another **1 tbsp oil** and **remaining chicken**. When **remaining chicken** is done, add to the same baking sheet. Roast **chicken** in **middle** of oven, until cooked through, 12-14 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



2 PREP
Meanwhile, peel, then cut **carrots** in half, lengthwise, then into ½-inch thick half moons. Zest and juice **lemon**. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towel. Season with **salt** and **pepper**. In a small bowl, stir together **mayo, half the lemon zest** and **½ tsp garlic**. (**NOTE:** Reference Garlic Guide in Start Strong.) Reserve **3 tbsp lemon-mayo mixture** into a large bowl.



5 FINISH CARROTS
Meanwhile, wipe the same pan clean. Heat the pan over medium-high heat. When the pan is hot, add **carrots, 1 ½ tbsp honey, ½ cup water** and **2 tbsp butter**. Stir together. Simmer, stirring occasionally, until **carrots** are tender and light golden-brown, **liquid** is absorbed and a **sticky sauce** forms, 9-10 min. Remove pan from heat. Add **half the parsley** and **2 tsp lemon juice**. Season with **salt** and **pepper**. Stir together.



3 BREAD CHICKEN
In a shallow dish, add **breadcrumbs**. To the large bowl with **lemon-mayo mixture**, add **chicken**, then stir to coat. Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely. Carefully, shake off any excess **breadcrumb mixture**. Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **two breaded breasts**. Sear, until golden-brown, 1-2 min per side.



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

CLASSIC!

Crispy chicken, butter and honey coated carrots - this meal can't be beaten!