

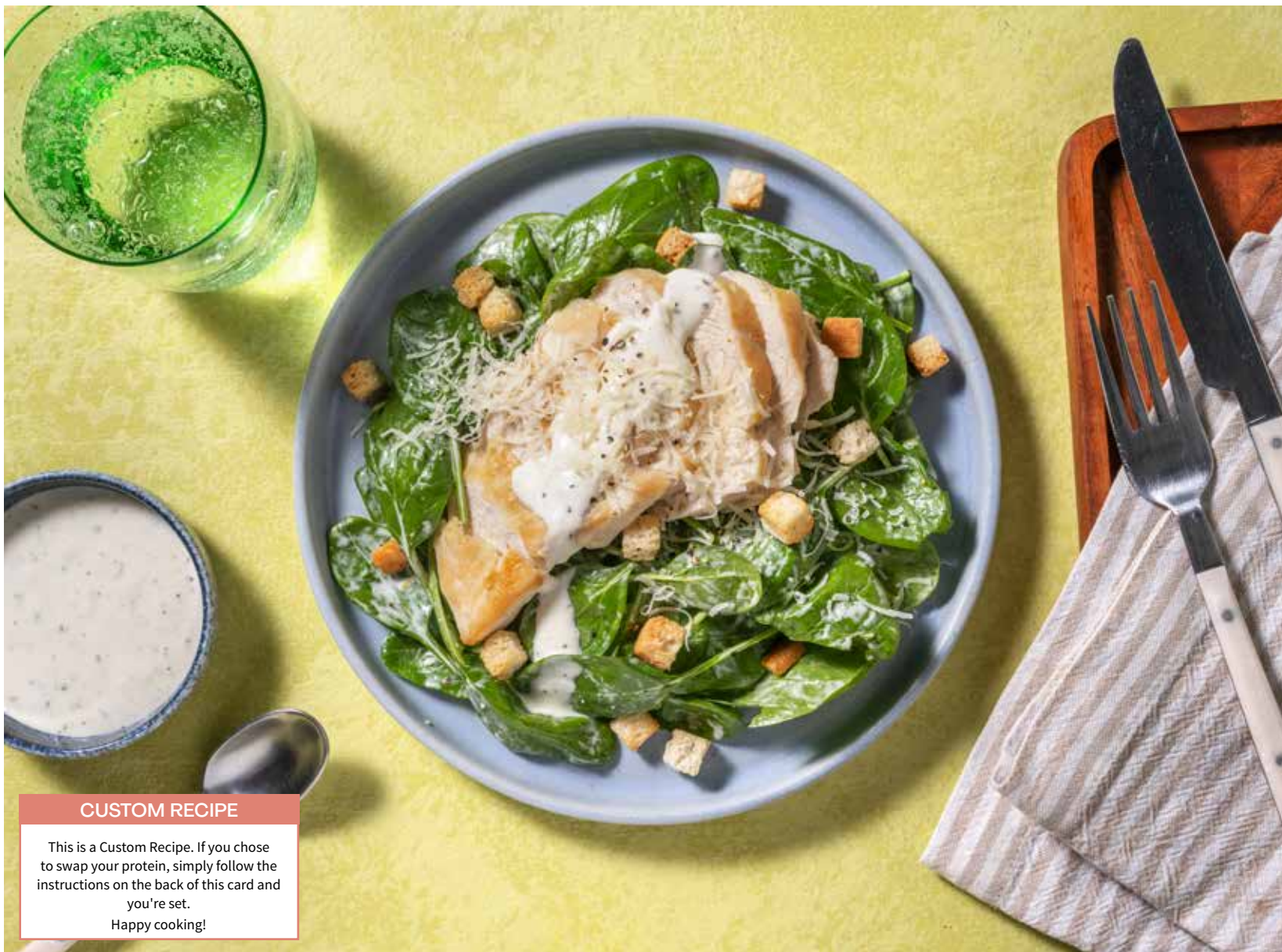


Lemon-Pepper Chicken

with Spinach Caesar Salad

Quick

25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Breasts



Chicken Tenders



Croutons



Parmesan Cheese, shredded



Lemon-Pepper Seasoning



Baby Spinach



Mayonnaise



Garlic, cloves



Lemon

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Garlic Guide for Step 3:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Extra: ½ tsp (1 tsp)

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Tenders ♦	250 g	500 g
Croutons	28 g	56 g
Parmesan Cheese, shredded	¼ cup	¼ cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Mayonnaise	4 tbsp	8 tbsp
Garlic, cloves	1	2
Lemon	1	1
Oil*		
Salt*		

* 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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1



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels, then season with **half the Lemon-Pepper Seasoning** and **salt**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**

If you've opted to get **chicken tenders**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.

4



Make salad

- Add **spinach**, **croutons** and **half the dressing** to a large bowl. Toss to combine.

2



Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

3



Make dressing

- Combine **mayo**, **lemon zest**, **lemon juice**, **half the Parmesan**, **remaining Lemon-Pepper Seasoning** and **¼ tsp** (½ tsp) **garlic** in a small bowl. (**NOTE:** Reference garlic guide.)

5



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Top with **chicken**.
- Drizzle **remaining dressing** over top, then sprinkle with **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!