



Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly 25-35 Minutes



Chicken Breasts



Basmati Rice



Sweet Bell Pepper



Yellow Onion



Lemon



Feta Cheese,
crumbled



Basil Pesto



Garlic Salt



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HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Yellow Onion	56 g	113 g
Lemon	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and 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.

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Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 1 min.
- Add **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook veggies

- Meanwhile, heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 6-7 min.
- Transfer **veggies** to a plate, then cover to keep warm.



Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



Make lemon-pesto sauce

- Meanwhile, add **pesto**, **half the lemon zest** and **½ tsp lemon juice** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



Cook chicken

- Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.**



Finish and serve

- Fluff **rice** with a fork, then stir in **veggies** and **remaining lemon zest**.
- Thinly slice **chicken**.
- Divide **pilaf** and **chicken** between plates.
- Spoon **lemon-pesto sauce** over **chicken**.
- Sprinkle with **feta**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!