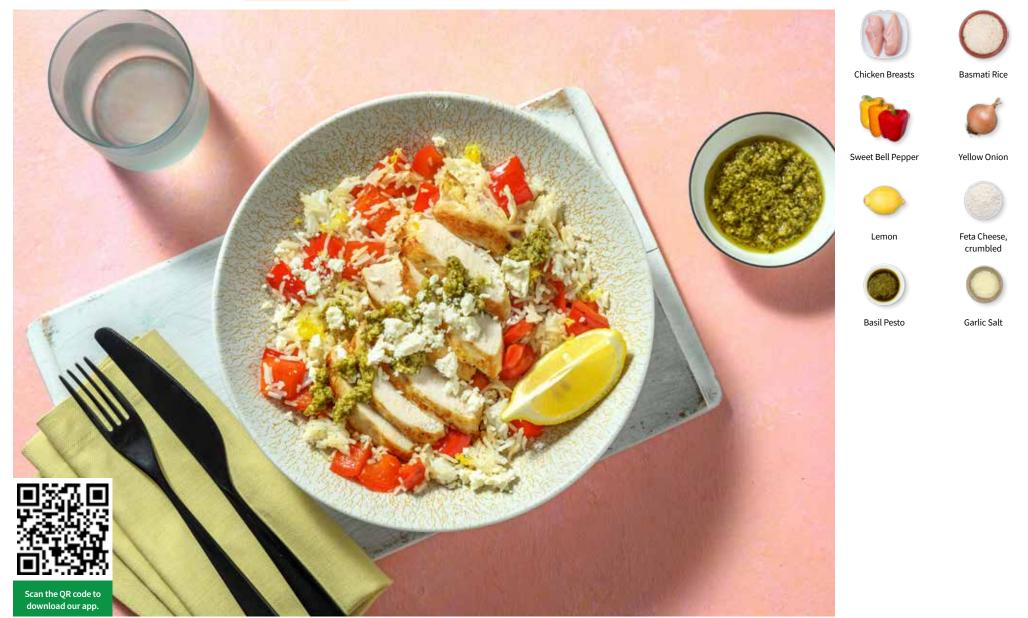


Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly 25–35 Minutes



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
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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 ¹/₄-inch pieces (whole onion for 4 ppl).



Cook chicken

• Pat **chicken** dry with paper towels, then season with **remaining garlic salt** and **pepper**.

- Heat a large non-stick pan over mediumhigh 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.**



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.



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!