



Lemon-Pesto Chicken

with Sweet Bell Peppers and Basmati Pilaf

Family Friendly

Quick

25-35 Minutes



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Chicken Breasts



Basmati Rice



Sweet Bell Pepper



Yellow Onion



Lemon



Feta Cheese,
crumbled



Basil Pesto



Zesty Garlic Blend

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.

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

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	1
Feta Cheese, crumbled	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
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.



1 Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **half the Zesty Garlic Blend** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



4 Cook veggies

- Meanwhile, heat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 5-6 min.
- Transfer **veggies** to a plate, then cover to keep warm.



2 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).



5 Make lemon-pesto sauce

- Meanwhile, add **pesto**, **half the lemon zest** and **½ tsp** (1 tsp) **lemon juice** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



3 Cook chicken

- Pat **chicken** dry with paper towels, then season with **salt**, **pepper** and **remaining Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, 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.**



6 Finish and serve

- Fluff **rice** with a fork, then season with **salt**. 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!



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