



Lemony Chicken and Mushrooms

with Summer Kale Caesar Salad

PRONTO 35 Minutes



Chicken Breasts



Cremini Mushrooms



Ciabatta Bun



Lemon



Garlic



Kale, chopped



Mayonnaise



Parmesan Cheese



Lemon-Pepper Seasoning

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO KALE

The perfect leafy green packed full of fibre and vitamins A and C!

START HERE

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

Garlic Guide for Step 2:

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp

Bust Out

Baking Sheet, Garlic Press, Large Bowl, Large Non-Stick Pan, Paper Towels, Parchment Paper, Medium Bowl, Microplane/Zester, Measuring Spoons

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Cremini Mushrooms	227 g	454 g
Ciabatta Bun	1	2
Lemon	1	1
Garlic	3 g	6 g
Kale, chopped	56 g	113 g
Mayonnaise	1/4 cup	1/2 cup
Parmesan Cheese	1/4 cup	1/2 cup
Lemon-Pepper Seasoning	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.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. ROAST MUSHROOMS

Quarter **mushrooms**. Toss **mushrooms** with **half the lemon-pepper seasoning** and **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Roast in **middle** of oven, until golden-brown, 18-20 min. (**NOTE:** In Step 3, stir mushrooms again before adding chicken.)



2. PREP

Zest, then juice **half the lemon**. (**NOTE:** Juice the whole lemon for 4 ppl.) Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Stir together **mayo, Parmesan, lemon zest, lemon juice** and **1/4 tsp garlic** (dbl for 4ppl) in a medium bowl. (**NOTE:** Reference Garlic Guide).



3. COOK CHICKEN

Pat **chicken** dry with paper towels, then sprinkle over **remaining lemon-pepper seasoning**. Season with **salt**. Heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp oil** (dbl for 4ppl), then **chicken**. Pan-fry, until **chicken** is golden-brown, 1-2 min per side. Remove pan from the heat then carefully transfer **chicken** to baking sheet with **mushrooms**. Roast in **middle** of oven, until **chicken** is cooked through, 10-12 min. **** Carefully wipe pan clean.**



4. MAKE CROUTONS

While **chicken** roasts, cut **ciabatta** into 1/2-inch cubes. In a large bowl, toss **cubes** with **1 tbsp oil** (dbl for 4 ppl). Heat the same pan (from step 3) over medium heat. When the pan is hot, add the **ciabatta cubes**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min. Return to the same large bowl.



5. MAKE KALE CAESAR

Add **kale, mushrooms** and **half the parmesan-mayo mixture** to large bowl with **croutons**. Toss to combine.



6. FINISH & SERVE

Thinly slice **chicken**. Divide **kale caesar** between plates. Top with **chicken** and dollop over **remaining Parmesan mayo**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!