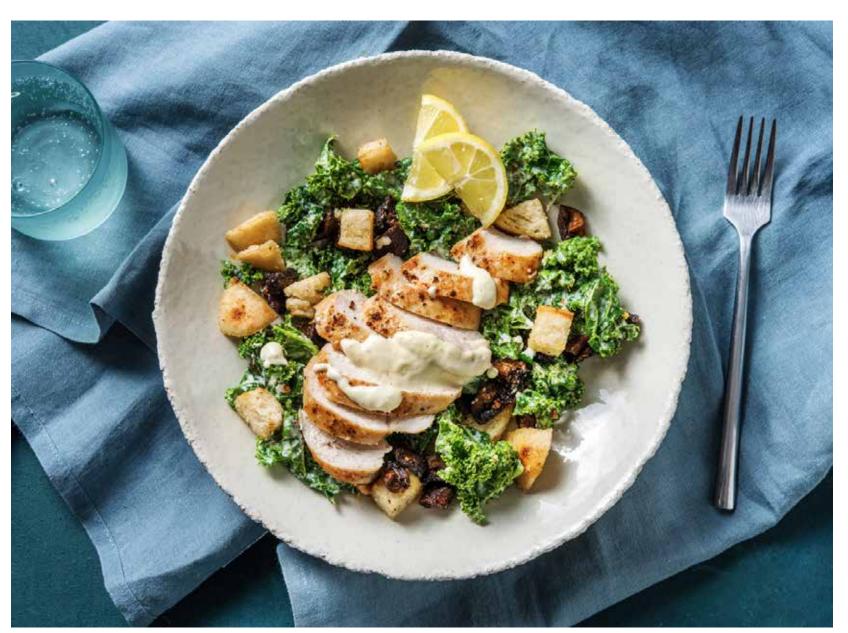


Lemony Chicken and Mushrooms

with Kale Caesar Salad

35 Minutes





Chicken Breasts



White Mushrooms



Ciabatta Bun







Lemon

Kale, chopped



Mayonnaise



Parmesan Cheese



Lemon-Pepper Seasoning

HELLO KALE

Start here

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

Garlic Guide for Step 2:

- Mild: ½ tsp
- Medium: 1/4 tsp
- Extra: 1/2 tsp

Bust Out

Baking sheet, medium bowl, microplane/zester, measuring spoons, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
White Mushrooms	113 g	227 g
Ciabatta Bun	1	2
Lemon	1	1
Garlic	3 g	6 g
Kale, chopped	56 g	113 g
Mayonnaise	4 tbsp	8 tbsp
Parmesan Cheese	1/4 cup	½ 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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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 the **middle** of the oven, until golden-brown, 18-20 min. (NOTE: In step 3, stir mushrooms again before adding chicken.)



Prep

While the **mushrooms** roast, zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges. Peel, then mince or grate garlic. Stir together mayo, Parmesan, lemon zest, lemon juice and ¼ tsp garlic (dbl for 4 ppl) in a medium bowl. (NOTE: Reference Garlic Guide.)



Cook chicken

Pat chicken dry with paper towels, then sprinkle with remaining Lemon-Pepper Seasoning. Season with salt. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then chicken. Pan-fry, until golden-brown, 1-2 min per side. Remove pan from the heat then carefully transfer chicken to the baking sheet with mushrooms. Roast in the middle of the oven, until chicken is cooked through, 10-12 min.** Carefully wipe pan clean.



Make croutons

While **chicken** roasts, cut **ciabatta** into ½-inch cubes. Toss **cubes** with **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Heat the same pan over medium heat. When hot, add the **ciabatta cubes**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min. Return to the same large bowl.



Make kale caesar

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



Finish and 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!