



Lemony Chicken and Mushrooms

with Kale Caesar Salad

35 Minutes



Chicken Breasts



White Mushrooms



Ciabatta Bun



Lemon



Garlic



Kale, chopped



Mayonnaise



Parmesan Cheese



Lemon-Pepper
Seasoning

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: ¼ tsp
- Medium: ¼ tsp
- Extra: ½ 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	¼ 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!