



Saganaki-Style Chicken

with Feta and Roasted Veggies

Carb Smart

30 Minutes



Chicken Breasts



Red Onion



Zucchini



Sweet Bell Pepper



Feta Cheese,
crumbled



Marinara Sauce



Lemon-Pepper
Seasoning



Baby Spinach

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 oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, large non-stick pan, paper towels, measuring cups

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Onion	50 g	100 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Feta Cheese, crumbled	½ cup	1 cup
Marinara Sauce	½ cup	1 cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
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 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1

Prep

Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Core, then cut **pepper** into 1-inch pieces. Peel, then finely chop **⅓ cup onion** (dbl for 4 ppl). Roughly chop **spinach**.



4

Roast chicken and veggies

Roast in the **middle** of the oven, until **veggies** are tender-crisp and **chicken** is cooked through, 12-14 min. ** (NOTE: For 4 ppl, roast in the top and the middle of oven, rotating sheets halfway through.)



2

Season veggies

Add **zucchini, peppers** and **1 tbsp oil** (dbl for 4 ppl) to one side of a baking sheet. Season with **salt** and **pepper**, then toss to combine.



5

Make sauce

Heat the same pan (from step 3) over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 2-3 min. Add **marinara, spinach** and **remaining Lemon-Pepper Seasoning**. Stir together, until **spinach** wilts, 1-2 min. Season with **salt**.



3

Pan-fry chicken

Pat **chicken** dry with paper towels. Season with **salt**, then sprinkle with **half the Lemon-Pepper Seasoning**. 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, 2-3 min per side. Remove pan from heat, then transfer **chicken** to the other side of the baking sheet with **veggies**. (NOTE: For 4 ppl, use separate baking sheets for the veggies and chicken.)



6

Finish and serve

Thinly slice **chicken**. Divide **chicken** and **veggies** between plates. Spoon **sauce** over **chicken**, then sprinkle **feta** over top.

Dinner Solved!