



Spinach and Cheese-Topped Chicken

with Basmati Rice and Roasted Zucchini

Family Friendly

40 Minutes



Chicken Breasts



Baby Spinach



Mozzarella Cheese,
shredded



Basmati Rice



Zucchini



Garlic, cloves



Cream Cheese

HELLO MOZZARELLA

This creamy cheese takes chicken from simple to luxurious!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, plastic wrap, zester, medium pot, measuring cups, large non-stick pan, 8x8-inch baking dish, paper towels, parchment paper, rolling pin

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Baby Spinach	28 g	56 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Basmati Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Garlic, cloves	1	2
Cream Cheese	43 g	86 g
Unsalted Butter*	2 tbsp	4 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.

Contact

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Cook rice

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) 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 the pot from heat. Set aside, still covered.



Make topping

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **spinach**. Cook, stirring often, until wilted, 2-3 min.
- Remove the pan from heat.
- Add **cream cheese, mozzarella, wilted spinach** and **garlic** to a large bowl. Mash with a fork to combine. Season with **salt** and **pepper**, to taste. Set aside.



Prep and flatten chicken

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **zucchini** into ¼-inch rounds.
- Roughly chop **spinach**.
- Pat **chicken** dry with paper towels.
- Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. Season with **salt** and **pepper**.



Sear and bake chicken

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook chicken in batches, using 1 tbsp oil per batch.) Pan-fry, turning occasionally, until browned all over, 2-3 min.
- Transfer **chicken** to an 8x8-inch baking dish (9x13-inch for 4 ppl).
- Dollop **cheese and spinach topping** over **chicken**.
- Bake in the **top** of the oven until **cheese** is golden-brown and **chicken** is cooked through, 8-10 min.**



Roast zucchini

- Add **zucchini** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender-crisp, 15-17 min.



Finish and serve

- Add **2 tbsp butter** (dbl for 4 ppl) to **rice**, then fluff with a fork.
- Divide **spinach and cheese-topped chicken, rice** and **zucchini** between plates.

Dinner Solved!