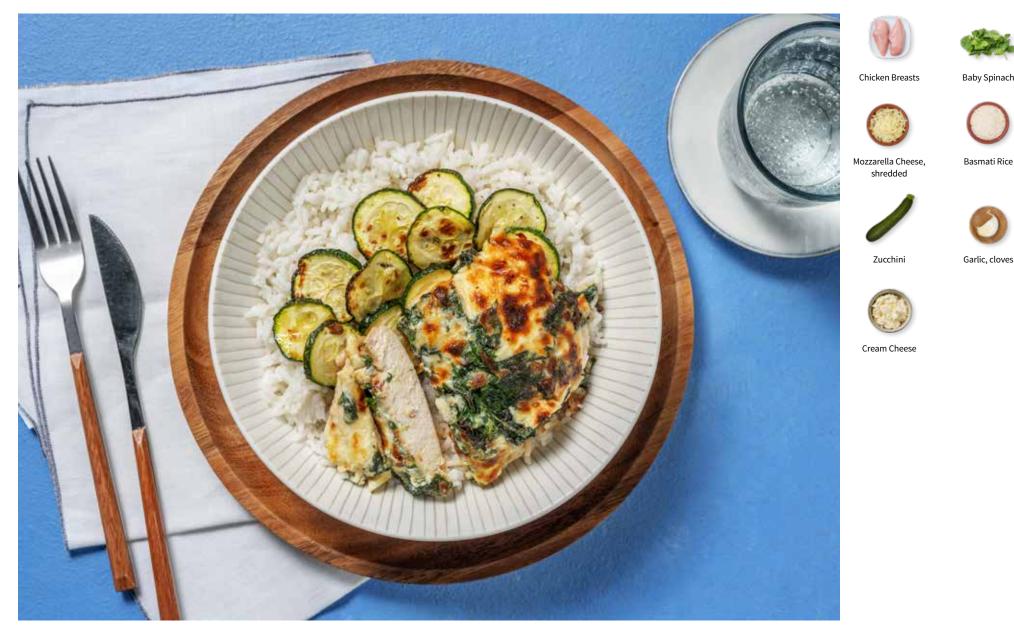


Spinach and Cheese-Topped Chicken with Basmati Rice and Roasted Zucchini

Family Friendly

40 Minutes



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	³₄ 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



Cook rice

4

• 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.



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 heavybottomed pan, carefully pound **each chicken breast** until ½-inch thick. Season with **salt** and **pepper**.



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 tendercrisp, 15-17 min.



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.



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.**



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!