

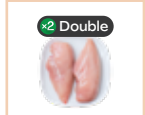


Sweet and Smoky Chipotle Chicken with Fresh Salad and Zesty Rice

40 Minutes

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts +
4 | 8



Chicken Breasts +
2 | 4



Basmati Rice
¾ cup | 1 ½ cups



Tomato
1 | 2



Red Onion
1 | 2



Spring Mix
56 g | 113 g



Lime
1 | 2



Chipotle Sauce
2 tbsp | 4 tbsp



Honey
1 tbsp | 2 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp

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.

Pantry items | Butter, sugar, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, zester, medium pot, large bowl, parchment paper, small pot, measuring cups, large non-stick pan, paper towels

1



Prep

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.
- Zest, then juice **lime**.
- Cut **tomato** into ¼-inch pieces.
- Peel and cut **half the onion** into ¼-inch pieces. Cut **remaining onion** into ⅛-inch slices.

2



Cook rice

- Heat a medium pot over medium heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**. Swirl until melted, 30 sec.
- Add **rice, diced onions** and **half the Zesty Garlic Blend**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **⅛ tsp** (¼ tsp) **salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

3



Pickle onions

- Add **remaining onions, lime juice, 2 tbsp** (4 tbsp) **water** and **2 tsp** (4 tsp) **sugar** to a small pot.
- Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a large bowl.
- Set aside in the fridge to cool.

4



Cook chicken

×2 Double | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels.
- Season with **salt, pepper** and **remaining Zesty Garlic Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden, 1-2 min per side.
- Transfer to a parchment-lined baking sheet.
- Roast in the **middle** of the oven, 8 min. (**NOTE:** Chicken will finish cooking in step 5.)

5



Finish chicken and make dressing

- Remove **chicken** from the oven after 8 min. Spread **honey** over top.
- Continue roasting in the **middle** of the oven until golden-brown and cooked through, 7-10 min.**
- Meanwhile, discard all but **1 tbsp** (2 tbsp) **pickling liquid** from the bowl with **onions**.
- Add **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then stir to mix. (**NOTE:** This is your salad dressing.)

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest** and **any chicken juices** from the baking sheet. Season to taste with **salt** and **pepper**.
- Add **spring mix** and **tomatoes** to the bowl with **dressing** and **onions**. Toss to combine.
- Thinly slice **chicken**.
- Divide **rice, chicken** and **salad** between plates.
- Drizzle **chipotle sauce** over **chicken**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Cook chicken

×2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.